

Lambda

Laurentian University's Student Newspaper
Le journal des étudiant(e)s de l'Université Laurentienne
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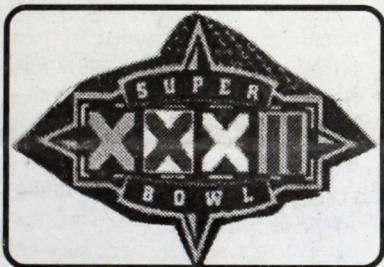
"I Couldn't Be More
Excited, I Must Say. This
Anticipation... It's
Making Me Mental."
- Martin Short



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Runs Wild!**
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SCORING SINCE 1961

MAI report comes under fire

by Jeremy Nelson
The Manitoban

OTTAWA (CUP) — Critics of the controversial global trade treaty currently being negotiated by the federal government say they are not impressed with the work of a parliamentary subcommittee that gave citizens their only opportunity for direct input on the matter.

The report authored by the parliamentary subcommittee on foreign affairs and international trade contains 17 recommendations detailing how the Liberal government should proceed in negotiating the Multilateral Agreement on Investment.

Canada and 28 other industrialized nations plan to sign the agreement this May.

Opponents of the MAI say it will do tremendous damage to the Canadian way of life by placing exorbitant powers in the hands of private corporations which could be exercised at the expense of social, cultural and environmental policy. The agreement, for example, would give foreign-based corporations the power to sue the federal government if it passed a law or introduced a regulation that they felt was harmful to their business.

The report is the result of nine days of hearings which took place in Ottawa last November. These are the only public hearings the federal government has held on the agreement to date, though it has been involved in secret MAI negotiations for over two years.

Among other things, the report recommends that the Liberal government should broaden consultations on the agreement and should consider undertaking a full impact analysis detailing the effects the MAI could have on Canada's environment, culture, economy and society.

Some of the 144 presenters are expressing disgust with the

report and with the hearings in general, alleging that they were little more than a public-relations scheme.

"It's a sound idea to have hearings, but the execution was a sham," Carleton University student Terry Cottam, a founder of the national group MAI-Not, said. "They didn't publicize [the hearings], they announced them at the last minute, they kept changing the times for presentations and they held them only in Ottawa."

Also critical of the hearings and the report is Bill Blaikie, international trade critic for the New Democratic Party and a member of the subcommittee.

He agrees that the hearings were poorly executed and says the final report was largely toothless and predictable.

"None of the recommendations have anything to do with putting enforceable rules in the MAI itself," Blaikie said.

"Why does the government feel so confident about pursuing an agreement that is so lopsided in favour of investors? They never really answered that question."

As drafted, the MAI would prevent the government from creating any new labour, environmental and cultural regulations for the next 20 years, if those laws were deemed to be harmful to the business of a domestic or foreign investor.

The subcommittee recommended that the Canadian negotiating team push for the introduction of labour, environmental and cultural protections into the agreement itself, but didn't outline what Canada should do if these were rejected.

Blaikie says he finds this unacceptable.

"[With the MAI] we would have a perverse moral hierarchy where investors get to have their rights enshrined, protected and enforced,

and the rest of us just get strong language," he said.

Bob Speller, chair of the subcommittee, says the report is a fair representation of the views of the subcommittee, which consisted of five Liberal MPs and one MP from each of the officially recognized parties.

"The hearings sent a message to the government that all the parties were concerned about the negotiations," Speller, a Liberal MP, said. "Overall, our report reflected what the majority of people were saying."

But Blaikie issued his own dissenting report on the hearings, as did the subcommittee's Reform member.

Speller says, however, that these reports are unrepresentative of the committee's work.

"They were two extreme, opposing views, and the majority of the people on the committee, and probably the majority of people who presented, were somewhere in the middle," he said.

Blaikie says he disagrees with this characterization.

"Who are the extremists here? To me, the extremists are the people who think that everything should be left to the whims of the marketplace."

Both Cottam and Blaikie say the report's call for broader consultations on the agreement are pointless unless that federal government becomes more accountable to the public.

"What needs to happen is the government hears our questions and answers us, and not the other way around," Cottam said. "What happened at these hearings was that the public answered to the government. The hearings went back to front, and that's not democracy."

Universities tag along for "Team Canada" ride

by Meg Murphy
The Varsity

TORONTO (CUP) — As a whirlwind of networking and deal-making sweeps through Latin America, eager representatives of Canadian higher education are doing their best to secure a piece of the action.

Eighteen universities are participating in the two-week trade mission to Argentina, Brazil, Chile and Mexico currently underway, which has been dubbed 'Team Canada' by the Liberal government.

They are acting as third-string players beside Canadian business and the federal and provincial governments in a fierce competition to posit our innocuous nation as a leader in the emerging global economy.

The trade mission comes as a pre-cursor to a free trade agreement with the Americas (excluding Cuba), scheduled to be signed in April.

According to a spokesperson from the Association of Universities and Colleges of Canada, the jaunt enables the sectors to promote a common goal. All are vying for prosperous trade relations with Latin America, says Karen McBride.

"Canadian businesses have a real interest in expanding into Latin America," she said. "And it is Canadian universities' mandate to prepare students to operate in an environment which is now global."

This mission is the fourth annual networking bonanza organized by the federal government. In past years the destination has always been somewhere in Asia — first China, then South East Asia, and most recently the Philippines, Korea and Thailand.

McBride says post-secondary participation in this mission will enable Canada to throw a touch of warmth into the climate of budding business liaisons, making Canadian ties to Latin America that much stronger.

"It is not just about economics, it is about building bonds by understanding each other's cultures," she said, adding collaborative projects and student exchanges will accomplish this goal.

Building partnerships with educational institutions in the mission's four pit stops is one main goal. It will both help trade relations and promote international diversity on Canadian campuses, says McBride.

An aspect of these blossoming relations will be student recruitment, which is highly profitable for Canadian universities since foreign students are often charged three times what domestic students pay.

Four Canadian Education Centres will be opened for this purpose. They will be located in Brazil, Argentina, Chile and Venezuela. Prior to this mission, the only Canadian recruitment centre in Latin America was located in Mexico.

The other primary incentive for the education sector to participate in the mission is the thrill of developing more partnerships with Canadian businesses in the process, she says.

But as higher-education officials are swept into the free-trade frenzy, some argue they are joining a business-heavy team that has paid little heed to the societal threats of this game.

Ricardo Grinspun, director of the Centre for Research on Latin American and Caribbean Studies at York University, says serious oversights must be addressed.

He says universities should look at the types of collaborations they are carving, as well as the ethics of those around them.

"One thing is very worrisome. A lot of these contacts are being started around business-university linkages. To what extent are these university links established around a business agenda and to what extent are they established around academic priorities?" he questioned.

On Jan. 13 in Mexico City, Canadian businesses and educational institutions signed 91 new business deals worth \$229.9-million. This marked the largest number of deals signed at one time on a team mission.

"There is a clear trade-business agenda here. Unfortunately, this arrangement has not been shaped up taking into account the societal implications of these connections in terms of how they will impact Canada and Latin America," Grinspun said.

But McBride says universities, for their part, will encourage Latin American countries to address some of these social issues through collaborative courses.

"From the universities' perspective, academic cooperation allows you to work with these countries around areas of concern, like environmental and human rights issues," she said. "It is through sharing expertise that we can make improvements."

Several key universities decided not to take part in the Team Canada trade mission this year. These include York University, University of Victoria, Concordia University, Dalhousie University, University of British Columbia and the University of New Brunswick.

Of those contacted, several suggested that scheduling problems prevented them from attending, particularly because the government did not provide adequate notice of the trip's timing.

A few also candidly admitted their interests in foreign student recruitment is centred in Asia, while others delivered a rather interesting version of the two.

"It was just a matter of timing," a public relations officer at UBC, said. "We have participated in past Team Asia, I mean Team Canada trips before."

Private degree-granting schools in Alberta to go it alone

by Andrea Breau
Prairie Bureau Chief

EDMONTON (CUP) — Alberta is set to become the first province in Canada to offer fully private college degree programs, and this is raising concerns about the future of public post-secondary education in the country.

"I'm concerned... that [this is] part of a much bigger picture. This [initiative] may create a market for private [post-secondary] institutions in Canada," Howard Sapers, Liberal critic for Advanced Education in Alberta, said.

The cornerstone of the transition to allowing fully private degree programs is the introduction of independent organizational evaluations for private post-secondary institutions in the province.

This replaces a requirement, in place since 1984, that such schools had to be affiliated with an Alberta university.

The new evaluation process is a recognition of the changing face of post-secondary education in

Canada, Marilyn Patton, head of Alberta's Private Colleges Accreditation Board, says.

"It's a recognition of non-traditional institutions that maybe didn't fit into the mold. There are many different types of [education] providers," she said.

Patton adds that the changes do not mean private post-secondary institutions in Alberta will have full authority over the degree programs they offer.

"Every new program [a private college] wants to offer must go through a [thorough] process of evaluation... recommendations are [then] given to the Minister of Advanced Education and an Order in Council must be given to grant [a college] the ability to offer a particular program," she said.

But this does not assuage the fears of Elizabeth Carlyle, national chairperson-elect for the Canadian Federation of Students and chair of the federation's Manitoba component.

"These are businesses we're talking about. [I think] it's a loss of commitment to public education," she said.

Carlyle adds that the federation has heard complaints from students across the country about the quality of education at private post-secondary institutions.

"Students in other provinces [have reported] substandard teaching and false advertising. It's disturbing," she said.

There is also concern among those who will be directly affected by the changes.

Davin Overland, student union president at Augustana University College, one of the province's four private colleges, says the removal of his school's affiliation with the University of Alberta could have mixed results.

While he says private colleges in Alberta will now have more freedom to expand, he is concerned about the cost implications.

CONTINUED ON PAGE 5.

Students to Take Action Against Growing Debt

by Sarah Viau
Asst News Editor

Students from colleges and universities across the country are combining their efforts in an attempt to alert the government of the worsening predicament they are involved in. Northern students from Laurentian and Nipissing University have united to fight the increasing student debt crisis facing all Canadian students.

The planning of a number of events to raise awareness about these issues at both universities were announced at a press conference, Thursday, January 8, 1998. These events are part of a cross-Canadian day of mass mobilization, organized by members of the Canadian Federation of Students (CFS), to be held on Wednesday, January 28, 1998.

"This combined effort is a first for the North," said Todd Bosak, Northern Region Commissioner for the Canadian Federation of Students. "It shows that students are committed in their call for a new system of debt reduction, not new methods of debt accumulation like income contingent loans," he added.

Associations like the SGA and the CFS that strive toward the attainment of a high quality and accessible education have been informing Laurentian students for months about the situation that has been deteriorating for years.

Between 1993 and 1997, the federal government cut \$2.29 billion from post-secondary education. At the same time, tuition fees have increased by, on average, 45 per cent. Most recently, the provincial government has announced its renewed interest in income contin-

gent loan repayment schemes, as well as its allowance for the possibility of another tuition fee increase of 20 per cent over the next two years.

"As the details of the government's plans for post-secondary education become more apparent," stated Ontario Chairperson, Wayne Poirier, "it is clear that students will be facing massive fee increases, even greater debt loads, and the beginnings of a two-tiered education system."

On January 13, Minister of Education and Training Dave Johnson made it clear that the government is planning to allow colleges and universities to raise tuition fees by 20 per cent over two years, to deregulate fees for graduate and professional programs, and to implement an Income Contingent Loan Repayment Plan (ICRP) that critics say will saddle students with life-long debts.

"At a time when Ontario students are already the most indebted students in North America," proclaimed Poirier, "all this government is doing is denying access to many potential students and forcing many more out of the system."

This seems to be in severe contradiction with Finance Minister Ernie Eves assessment of the educational situation, as was outlined in the article in last week's *Lambda* (Ontario's 1997 Budget, page 3).

"Unfortunately tuition fees and debt loads have already surpassed the point where they act as barriers to post-secondary education for many students," stated Jennifer Chamberland, Vice President Ex-

ternal for the Students' General Association, Local 30 of the CFS. "As students," she insisted, "we need to make our voices heard, that education is a right not a privilege."

Federation representatives have already tried appeals to the Ministry of reconsider its decision to deregulate tuition fees, drop plans for the introduction of an ICRP by September 1998 and to devise real strategies for dealing with student indebtedness.

Now it's time to take action.

Student leaders recently met to finalize details of the January Day of Action. The message the students will be taking to the streets, and the government - Stop Student Debt, *National Grants Now!*

"Students are fed up. Every September they face tuition fee increases. Canadian students need a national system of grants. They also need a national tuition fee freeze," declared Brad Lavigne, National Chairperson of the CFS. "Grants and a fee freeze are first steps toward a fully accessible, publicly funded system of post-secondary education today and for future generations," Lavigne concluded.

From St. John's to Vancouver, January 28, 1998 is a day of reckoning for students. Rallies, teach-ins, workshops, and picket lines are among the students' strategies for sending a message to the federal government that policies must be introduced in the next federal budget to address the student debt crisis in this country.

NEWS BRIEFS

by Sarah Viau
Asst News Editor

The President's Award

Students of Laurentian University are once again being offered the opportunity to put their writing skills to the test. This year, the topic for the President's Award for Excellence Essay Competition is "Humour: Should We Take It Seriously?"

This contest is actually comprised of two competitions, one for English essays and one for essays written in French. The two first place prizes are cash rewards of \$3,000 each, and the runner-up stories in each language will be awarded \$500 each.

The President's Award for Excellence Essay Competition is made possible by the Sudbury District Boys' Home Charitable Trust. Its assets were converted into a charitable trust and distributed among a number of local institutions, including Laurentian University.

Laurentian University appoints Director of Development

Laurentian University, and in particular, Ms. Joyce Garnett, Executive Director of University Advancement, are pleased to announce the appointment of Mr. Mark A. Hazlett as LU's Director of Development, effective February 1, 1998.

Mr. Hazlett will be responsible for all aspects of fund raising at the University. He will also be directing the concluding phases of LU's Coming of Age capital campaign, which has already raised \$12.5 million for student bursaries and projects to enhance teaching, research, and technological support.

Said Mr. Hazlett: "I look forward with great enthusiasm to joining Laurentian, an institution of great diversity and vitality which plays a key role in its region. The outstanding success to date of the Coming of Age campaign is testimony to this university's importance to Sudbury. My family and I are excited to be moving to this friendly, dynamic community."

COMMUNIQUÉ

Concours de rédaction du recteur

L'Université Laurentienne offre à nouveau à ses étudiants la chance de mettre à l'épreuve leurs talents d'écrivains et de penseurs en participant au Concours de rédaction du recteur. Cette année, le sujet à développer est: <<Doit-on prendre l'humour au sérieux?>>.

Pareil comme les années passées, le Prix d'excellence du recteur sera formé de deux concours, un pour les rédactions en français et le second pour les rédactions en anglais. Les deux premiers prix seront de 3000 \$ tandis que les deux deuxièmes prix seront de 500 \$.

L'attribution des prix du concours de rédaction est possible grâce au Fonds de la bienfaisance du Foyer pour garçons du district de Sudbury. Ses avoirs ont été réunis dans un fonds de bienfaisance et distribués parmi plusieurs institutions locales, dont l'Université Laurentienne.

L'Université Laurentienne pourvoit le poste de directeur du développement

Mme Joyce Garnett, directrice générale de l'Avancement de l'Université, est heureuse d'annoncer que M. Mark A. Hazlett a été désigné pour occuper le poste de directeur du développement de l'Université Laurentienne. Il assumera ce fonction à partir du 1 février.

Le titulaire de ce poste, qui relève de la directrice générale de l'Avancement, a la charge de toutes les formes de levée de fonds à l'Université. M. Hazlett dirigera les phases finales de la campagne de financement de l'Université <<Bâtir sur du solide>> lancée en janvier dernier et qui a déjà permis de recueillir 12 500 000 \$ destinés au fonds de bourses et à la réalisation de projets permettant d'améliorer l'enseignement, la recherche et l'équipement technologique et d'accroître le rôle que l'Université joue dans la région.

M. Hazlett a déclaré: <<J'envisage avec enthousiasme de travailler à la Laurentienne, établissement de grande vitalité et aux intérêts multiples qui joue un rôle très important dans sa région. Le succès extraordinaire que la campagne "Bâtir sur du solide" a connu jusqu'à ce jour donne la mesure de l'importance de cette université pour la ville de Sudbury. Ma famille et moi sommes très heureux à l'idée d'aller nous installer dans une ville aussi accueillante et dynamique>>.

Day of Action - Regional Itinerary

East To West Accross Canada Newfoundland and Labrador

Rallies are being organized on most college and university campuses across the province. Tentative plans for the carnival include a display of food for one month on student aid and a students' version of the Game of Life.

Prince Edward Island

The future of post-secondary education will be discussed in a debate covering such topics as government student assistance policies, the implications of higher student debt, and the social role of post-secondary education. Students are also gathering signatures on a petition calling for the government to introduce a national system of grants.

Nova Scotia

A teach-in is being organized in Halifax which will raise public awareness about globalization, corporatization of post-secondary education, systemic discrimination in public policy, and civil disobedience.

Quebec

A demonstration and march is being organized off downtown Montreal, highlighting the role of international trade and economic policies in extending corporate influence over education and the public sector.

Ontario

In Sudbury, LU's SGA/AGE and the Laurentian Coalition for Social Justice are organizing workshops on student debt, income-related repayment schemes, and regional funding grant inequities. The Nipissing University Student Union in North Bay is Organizing forums on similar topics, and the students will be going on a Stop the Cuts tour of Mike Harris' hometown. The event is scheduled to end with a Kraft Dinner party at Mike Harris' constituency office to highlight student poverty. Protestors will be marching in the heart of Toronto's financial district, to illustrate the links between corporate rule and the continued erosion of public education.

Manitoba

Students are organizing forums, rallies, and teach-ins to

highlight issues of student debt, tuition fee increases, student poverty, and the widening gap between rich and poor in Canadian society.

Saskatchewan

Students are planning a rally and a march in the downtown Regina financial district, and will be denouncing the assault on students and workers advanced by corporations such as the Royal Bank.

Alberta

Members of the University of Alberta group STORM (Students Organized Resistance Movement) are planning a rally, with the focus on increased student indebtedness as a result of the proposed massive tuition fee hikes.

British Columbia

Students across the province will be engaged in public education actions, and distributing leaflets. Rallies and marches through the downtown sections of Victoria, Nanaimo, Vancouver, and Cranbrook are being organized.

Editor's Corner

by Jason Bingham

Editor In Chief



I was sitting around last night remembering the days when Carny Week was such a great time. There was a lot of great games, such as hockey, winter football, Lambda 500 (the best because you could actually drink), Tug-a-war was also a great memory for me, but the most fun would have to be the air bands. There's nothing like seeing a bunch of drunks pretending to be successful rock stars. But that memory was when I was in my first and second year at Laurentian. And now it has been brought to my attention that this years Carny Week is going to be slightly altered.

First of all, its FREE! which sounds pretty good to all of us students, God knows we pay enough for things here on Campus. But is anything really free? I can fully understand that the SGA has lost a huge sum of money in the past, especially last year, only having a hundred and twenty five people show up and costing the Students General Association a large sum of money, I can't remember the exact figure but it was somewhere over \$10,000.

So this year they thought they would save some money and present something completely new, at least for this year. The fact that it is free is a great idea, I highly doubt anyone will object to that, but the only aspect that I have a hard time dealing with is the fact that there is going to be less events and no teams. THAT'S RIGHT NO TEAMS! I feel that not having any teams is going to create havoc because it is going to be so unorganized. I can give the SGA's VP of Services the benefit of the doubt because she has done a great job this year, however, I think her and the committee this year has their work cut out for them. What happens if 200 people show up all at once to a flag football game, since there is no schedule to cover, how is everyone supposed to know when they play, or which team they are on, and this is only one event.

The fact that there is no teams is quite a disappointment. I think teams are a great idea especially for those who live in the residences. I know for a fact that these people thrive competition not only against each floor but against other residences. The need for bragging rights is something is very important because it creates UNITY which is

something Laurentian seems to be having a problem with these days. I know for a fact that the hill (Huntington, Thorneloe and university of Sudbury) always look forward in beating people from Single Student Residence and University College or vice versa.

Another Idea that has come to my attention is the fact that when students pay for something they not only show up for every event they also feel's part of something big. Students that do not pay for these events may not have the motivation to get out of bed when its -20 because they feel no obligation or responsibility. There is no history or tradition behind these teams. They are not a teams, they are simply a group of people who happen to play football, or whatever together. I think there is going to be a lot of tradition ruined, such as 11th floor UC has always been renowned for having great competitiveness and spirit, everyone knew that they were the team to beat, but last year they did not even put in a team because the Unity was already gone. No one is really going to care who wins, its not like they have the chance to win prizes or have bragging rights when the week is over.

I can fully understand that the SGA is a business, and I know that when businesses lose money, there has to be a change. From a business stand point the need to cut back and change things is completely vital. But from the UNITY or LAURENTIAN SPIRIT stand-point, I think Carny week will not have the same impact that it had on me when I was in first or second year. I still have great memories of those times, but I am afraid that many others will not be as lucky as I was back then. Traditions and harmless Rivals will be ruined which is a shame because that's what makes Carny Week what it really is.

I really do hope this years Carny Week is a great success, but with these changes I feel that the attendance is going to be very low and Laurentian UNITY and SPIRIT will be at an all time low and the event might be a disappointment to both the SGA and Laurentian Students this year.

If any other students out there have the same view as me or have a different point of view, Lambda would love to here from you. Were in SCE 301 drop by anytime.

What is wrong with Laurentian University?

Although the question might appear as some kind of thesis topic in philosophy or social science (and I do not mean that negatively), The question warrants some consideration. I am writing as a concerned alumni and student of Laurentian University who has often wondered why Laurentian has been so slow to improve its public image.

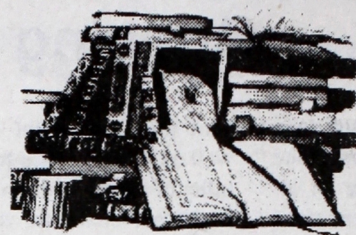
Unfortunately I think some students, faculty, and administrators might believe that Laurentian University does not rank in the same caliber as some other schools faculties. It has been stated that our school's engineering jackets were COPIED from the "Prestigious" Queen's University. Aside from being a false and improper statement which was made by a faculty director, the suggestion implied that Laurentian University is incapable of making its own jackets or that Laurentian performs on an uneven playing field with other prestigious schools. I would comment that the only similarity is that both jackets are made of leather, and that the director should consider teaching at some Prestigious school such as Queens!

The only merit in the statement is that Laurentian University as a whole must COPY more established schools. The established schools seem to have three ingredients which have contributed to their success. These are that they all have administration with VISION. An Administration with AGGRESSION. and TIME in which to build themselves. Laurentian University is at fault for lacking all three.

As a final thought, I suppose a good starting point might be rid the school of the few faculty members or administrators who view the more established schools in awe and who lack the few motivation to push Laurentian in similar directions. It would be beneficial to replace these faculty members or administrative officers with the likes of the many individuals who actively strive to improve the University.

Amos Dresler.

The Amiable Librarian



This column is based on questions or suggestions received by staff members of the Desmarais Library, either personally or on the "Compliments/Questions/Suggestions" form that may be filled out neat the exit of the library.

Question: Why, when a book is overdue, doesn't the library use e-mail to notify you? I recognize that some people may not check their e-mail regularly, but the notice could be put onto an automated system which would require no extra time for the staff and would probably save a bit in fines / late returns.—Marcus Burnham.

Dear Marcus: The Amiable Librarian is as anxious as you are to save students money by reducing their chances of having overdue books. A couple of years ago, as a first step, the library set up a special LOANS module, accessible on the VAX not only in the library, but throughout campus, and even from home. Using this module, students may renew their books at least once without ever having to come into the library. If however, they have failed to do so, the LOANS module will notify them that they have an overdue—which in substance, is exactly what you were asking for. If you would like to know more about this module, next time you are in the library pick up the little brochure entitled "Do It Yourself".

But it gets even better. A couple of years ago, the Amiable Librarian was introduced to BigMouth at the Sudbury Public Library. BigMouth is a telephone notification system than the SPL uses to notify its clients about reserve items that were in. When the Amiable came back on campus, a copy of BigMouth was ordered from its supplier in California—at a cost of \$250.00. Staff at the Desmarais library now use BigMouth to notify students about books overdue for more than one week. BigMouth will keep phoning them at home either until someone answers or until a message machine goes on.

You will be glad to know that as a result of these innovations—the LOANS module and BigMouth—the amount of money collected from students for overdues has dropped significantly in the last couple of years.

Comment: I find sitting at a desk suitable for people with short stature helpful while studying. Your desks and chairs are not very accommodating to this end—Annette Rebatello.

Dear Annette: Library staff are very sympathetic to your problem. As a result, the library's business officer, Helena Shepherd, has seen that the legs of a couple of tables were sawed off so that shorter folks could be seated—and if you find that the tables need to be made even shorter, please let her know.

Letter to the editor:

My name is Cindy Henriques and I am the Director of Cultural Affairs for the SGA. I am writing in response to a letter that was printed in Lambda before the Christmas Holidays. This letter had criticized me for not participating in Native Awareness Week. This is my second year at Laurentian University and each year I have eagerly participated in Native Awareness Week events. Last year I was an active participant and spent many hours volunteering my time in the planning stages at the actual

events. This year I attended many events such as the Keynote address, I cooked the pancakes at the SGA breakfast, and I attended the Pow Wow.

As a person who is genuinely committed to cultural affairs on a personal and professional level, I was dismayed at the complete inaccuracy of the letter which was written. If you have any concerns please feel free to drop by the SGA office anytime. Sincerely, Cindy Henriques Director of Cultural Affairs

Lambda Staff

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Write to us but remember...

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Spaghettios and Twister

by Dylan Callens

Columnist

The names of others involved have been withheld in order to protect their reputation as decent citizens in Canadian society.

Maybe I'm too conservative. Perhaps as I get older I cannot accept new ideas into my set patterns of living. I asked the question that might interest some: what do Spaghettios and Twister have to do with each other? After questioning the concept, I sat on my couch in awe as my friends spread out the Twister board and began glooping an industrial sized can of Spaghettios all over it.

The initial smell disturbed me. The natural smell is equivalent to garbage that sat next to a furnace for a couple of years. If the vile stench isn't enough, the sight of yucky meat sauce with noodles and processed pig fat spread across this plastic sheet with colored dots painted on it were more than enough to repulse the average Joe. But not my friends, uh-uh. They found it intriguing or something, those sickos.

The first spin was made, so

with bare-feet one of the three contestants stepped on the board, squishing the Spaghettios into a small mountain around the foot. My stomach slightly turned, but the worst was yet to come.

While keeping the foot on the blue dot, this person had to crouch in some way to get their face to the floor. I became very confused. This rule isn't in the Twister handbook. The person stuck out their tongue and licked the game board, scooping up some of the Spaghettios. Getting up and brushing a cheek, the person smiled with a big, "Ahhhh." My stomach was no longer upset. I was too confused. There must have been demons of some sort in my apartment possessing my closest friends. They would never do anything like this, yet I watched as they, or at least their bodies, perform the wretched actions.

Spin after spin they moved their limbs from one dot to the next, licking the Spaghettios off of Twister. Eventually one person slipped and they were covered in Spaghettios.

The big finish involved scooping the remaining mush off of the Twister board and throwing it on the person that fell. With that done, they laughed for a brief moment, followed by some quick cleaning up and changing of clothes. It took maybe ten minutes then they all sat down and looked innocently around the room. They didn't say a word, as if it were natural.

I've been traumatized. I regret ever bringing this issue to anyone's attention. An explanation would have sufficed but after witnessing evil forces at work, I would have to suggest never putting Spaghettios and Twister together. One is meant to be eaten (which is in itself surprising) and the other is meant to be played while drinking beer. Let's never mention this again.

P. S. - If you want people to get out of your way in the middle of winter, wear shorts while walking somewhere. It may be a little cooler but most others just get scared.

Next Week: A Progression into Madness?

My Two Cents' Worth A little introspection

by Jane Djivré

Columnist

Sometimes people find themselves a little short on cash at the end of the month, and haven't the foggiest clue why. They budget. They plan. They spend. And most of the time they even spend according to their budget and plan. However, there is this gnawing inconsistency in what they go to save and what is actually left. The answer may actually be more obvious than we think. One of the hardest challenges people face is to be aware of little messages they receive in the recesses of their minds, whispering, "Go ahead and do this" or "Run far, far away from this." (Note: you're not crazy after all) Oftentimes, our actions are fuelled by internal motivations, which stem from different needs, such as friendship, achievement, and power. As we go through the day, life is so hectic that we don't really think

about why we do thing, we simply act and thin, well that's the way I am. In reality, these needs may unconsciously cause us to do certain things for others. Things that burden us with a sense of self-inflicted obligation, which consequently put us in dire straits financially and emotionally.

One example is food. I have met people who feel it's their duty to feed the occupants of their rez. They feel they must mother (or father) everyone who walks through their door. A good deal for those who drop in to visit, but not for the person feeding everyone to be "nice". There's nothing wrong with kindness and goodwill, but you may be disappointed if it is done in the hopes of gaining favour, friendship, or a sense of obligation in others. Especially if it's draining *your* budget, and giving

others more money for Friday nights.

Motivations cause us to do a number of things: buy when we don't want to or shouldn't; use others as a standard of living instead of what we think is right; treat ourselves because 'we deserve it' and not because 'we can afford it'; try to do so much for others that we get burnt physically, financially and emotionally; try to be so much unlike our parents, that we follow in their mistakes.

Part of the university life process is to grow as a person, hopefully for the better. Getting to know what motivates you is a step toward making sound choices that you won't regret upon entering the 'real world'. And hopefully, learning more about ourselves will help us to understand others better, and will help to reap success as an individual in society. And that's my two cents' worth.

Enter Stage Left Putting Forth a Pro-Student Agenda

by Todd Bosak

Columnist

On Wednesday January 28, students from across Canada will endeavour to be heard. The Canadian Federation of Students, Canada's largest student organization (over 400,000 members), has called for a Day of Action. If successful, this day of student protest will mark the third time this decade that the CFS has mobilized in excess of 100,000 students to send a message to the government.

Here in Sudbury, a day of speakers and forums will culminate with a march around campus and a rally at the Great Hall beginning at 3 p.m. For the march and rally, students will be arriving from Nipissing University. It was de-

cided that the university itself should be the site for the protest because of the fact that the Board of Governors now have the power to raise tuition a further ten percent for next year.

The events here on Wednesday are important. When it comes down to it, it is we as students telling the administration some very simple truths. Among these truths is the idea that students should under no circumstances endure another tuition increase, not 10 percent, not five percent, not one percent. Secondly, the students will be saying that they are sick and tired of being the only students in the Western world not to have a national system of grants at their disposal. Finally, students will

be saying that despite the fact that the OSAP system is not adequate, ICRPs (Income Contingent Repayment Plans) are not welcome - not now, not ever.

I guess the most important thing that the students will be saying to the Board of Governors on January 28 is that they are watching. Every student that marches will know that the Board could make the choice not to raise tuition. It is in that spirit that these students will challenge Board members on January 28. The challenge is plain. Raise tuition, and be shown as anti-student, or freeze tuition and take a stand for accessible education in Ontario. There is no middle ground.

Alberta goes it alone

continued from page 2...

As the evaluation program will operate on a cost-recovery basis, schools will have to pay a fee to participate.

"[The fees] will soak up a big proportion of [the college's] funds. It may result in less programs being offered, but [those programs] might be well thought out," he said.

Patton says though final details have to be worked out, it is her understanding that the private institutions will continue to receive money

from the provincial government.

"I don't foresee a divorce from funding," she said.

Semper says he worried about the effect this will have on public post-secondary institutions.

"Creating competition for grants will affect the [public education] infrastructure," he said.

According to Carlyle, the Ontario government is considering the possibility of introducing changes to the post-secondary education sector, similar to what Alberta has done.

**You're a STUDENT.
You're SMART.
You work HARD.
You try to make GOOD DECISIONS.
And then along comes Mike Harris.**

• Huge tuition fee increases
and post-graduate debt loads.

• Fewer employment opportunities and
training in your chosen career.

• Cuts to services in your Northern communities
which make it harder for you to live and work
where you grew up.

**We all know change is needed -
But it doesn't have to be this way!**

**I invite you to tell us how we can build a plan for students
and others in Northern Ontario communities.**

**We need new thinking and new ideas that are fair
for people and good for our communities.**

I want to hear from you.



**Please join me in the "Dialogue for Change"
series, sponsored by the Ontario New
Democratic Party Caucus.**

**We are coming to Laurentian
University on January 29th,
1998 at 10am.**

**We'll be meeting at
The Great Hall on campus.**

I hope to meet you there.

**Together we can work to
take back our future!**

Howard Hampton, Leader
Ontario New Democratic Party

dialogue
NDP
for change

For more information, please contact:

Floyd Laughren, MPP (Nickel Belt) at (705) 855-3531 or
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Canadian Pride

by Sarah MacDonald
features editor

The inferiority complex of Canadians is somewhat of a national joke. Ironically, we are almost proud of being embarrassed of our non-assuming country. We do not recognize our own achievements as a nation, nor do we take pride in the astonishing accomplishments of many Canadians. Let's face it, we will not even watch our own homegrown television or movies. Yet we feel greatly offended if, when traveling outside of the country, we get mistaken for Americans.

Canadian pride is somewhat of a mysterious, elusive entity. It never shows itself outright but make no mistake that it is there. Why is it that Canadians as a whole are so reluctant to take credit for the important contributions that we have made, and continue to make? Why is it that we never take stock of everything that Canadians have done, are doing, and will do? Of course, it is not our style to brag, gloat, and strut like so many countries do, however, that does not mean that we should play down or ignore the many, many things that we, as Canadians have to be proud of.

This feature is designed to highlight a few of the accomplishments of Canadians who have made a difference. Obviously there is not enough space here to cover even a small fraction of all of the Canadians who should be on the list, but we have tried to give enough of a sampling to whet your appetite for more. With the Olympic Games coming up in Nagano, Japan, we will all be feeling a surge of patriotic pride. Go with it, it is okay to feel pride, to stand up a little straighter and think that being a Canadian is a pretty great thing.

Canada is well renowned for its natural beauty, geographic diver-

sity, high standard of living, and for being an all around good country to live in. But we are so much more than that, unfortunately we are the last people to actually believe that. Canadians throughout history have made important contributions in a plethora of fields including; science, technology, art, politics, peacekeeping, sports, business, and literature. So many Canadians have achieved international recognition and respect, now all that remains is for the rest of us to learn about those achievements and stop being embarrassed that it was a Canadian who did it!

Every country has some sort of national identity, some way in which they perceive themselves, and are perceived by others. Americans, for example, see themselves as the greatest, strongest, most powerful country. The Chinese see their country as the center of the world, with a strong, ancient culture and traditions. While these countries may not be entirely correct about their self-image, they at least have one. Canadians, as seen by other countries, have no vision of themselves. I really do not believe this is the case. We take pride in our scenic country and peaceful traditions. And on the rare occasions that we do learn about ourselves, we do take pride in what we know about Canadians.

While you may find some of the people presented in this feature interesting, please let us know who you think made an important contribution to other Canadians, or to the entire world. If you think of someone that we have overlooked, as I realize that we missed a ton of important Canadians, please let us know in the Lambda office and we will publish a list of Canadians that you feel are important. Thanks.

Canadian Nobel Prize Winners

Peace

1957- Lester B. Pearson

Physics

1990- Richard E. Taylor (along with Americans Jerome I. Friedman and Henry W. Rendall). For their breakthrough in our understanding of matter, which confirmed the reality of quarks.

1994- Bertam N. Brockhouse (and American Clifford S. Shull). For adapting beams of neutrons as probes to explore the atomic structure of matter.

Chemistry

1971- Gerard Herzberg. For contributions to knowledge of electronic structure and geometry of molecules, particularly free radicals.

1986- John C. Polanyi (Along with Americans Dudley R. Herschbach and Yuan T. Less). For their work on "reaction dynamics"

Physiology/Medicine

1923- Sir Frederick Banting (and J.J.R. Macleod of Scotland). For discovering insulin.

écrit par Sarah MacDonald
éditrice des articles de fond
traduit par Jennifer Sweeney

Le complexe d'infériorité des Canadiens semble presque être une farce nationale. Ironiquement, nous sommes quasiment fiers de l'humiliation de notre pays peu modeste. Nous ne sommes reconnaissants ni de nos réussites en tant qu'une nation, ni de celles remarquables qu'a fait un grand nombre de Canadiens. Soyons réalistes; nous n'encourageons même pas les films et la télévision du pays. Par contre, nous sommes offusqués si lors d'un voyage hors du pays, le monde nous prend pour des Américains.

La fierté canadienne est quelque peu une entité mystérieuse et insaisissable. Cela ne saute pas aux yeux mais ne faites-vous pas d'illusion, elle y est. Pourquoi se fait-il que les Canadiens, en un tout, sont peu enthousiastes de s'attribuer le mérite de tout ce que les Canadiens ont fait, font et vont faire? Bien sûr, nous ne sommes pas le genre à nous vanter, nous réjouir avec malveillance, ou encore nous pavaner comme le font plusieurs nationalités, cependant, ceci ne veut pas dire que nous devons minimiser ou tenir aucun compte de toutes les

choses dont nous, les Canadiens, sommes fiers.

Cet article de fond est conçu pour mettre en lumière quelques réussites canadiennes qui ont faites une différence. Évidemment, il n'y a pas assez de place ici pour souligner même une petite fraction de tous les Canadiens qui méritent de trouver sur cette liste, mais nous avons essayé de donner un échantillon pour aiguïser le vouloir. Avec les Jeux Olympiques qui se dérouleront bientôt, nous sentirons tous une vague de fierté patriote. N'allons pas à contre-courant, c'est bien d'être fier, de nous tenir droits et de penser qu'être Canadiens est une chose remarquable.

Le Canada est bien reconnu pour sa beauté naturelle, sa diversité géographique et son niveau de vie élevé. C'est un pays remarquable à habiter. Toutefois, nous sommes plus que cela, mais, malheureusement, nous sommes les derniers à le croire. Tout au long de l'histoire, les Canadiens ont fait des contributions importantes dans plusieurs domaines tels que la science, la technologie, les arts, la politique, la force de maintien de la paix, les affaires et la littérature. Tellement de Canadiens ont obtenu du respect et de la reconnaissance internationale, maintenant tout ce qui reste c'est que les autres Canadiens apprennent au sujet de ces réussites

et cessent d'être humiliés du fait que c'est l'ouvrage d'un Canadien!

Chaque pays a une sorte d'identité nationale, une façon dans laquelle il se perçoit et est perçu par les autres. Les Américains, par exemple, se voient comme étant les meilleurs, les plus forts, le pays le plus puissant. Les Chinois se voient comme le centre du monde avec une culture et des traditions à la fois forte et ancienne. Quoique ces pays ont une image d'eux-même qui n'est pas entièrement correcte au moins ils en ont une. Selon la perception des autres pays, les Canadiens n'ont pas de vision d'eux-mêmes. Je ne crois pas que c'est le cas. Nous sommes fiers de notre pays scénique et de nos traditions paisibles. À la rare occasion où nous apprenons au sujet de nous-mêmes, nous sommes fiers de nos connaissances canadiennes.

En même temps que vous trouvez les nations mentionnées dans cet article de fond intéressantes, veuillez s.p.v. nous laissez savoir qui vous pensez a fait une contribution importante au Canada, ou au monde entier. Si vous pensez à un Canadien important, s.v.p. laissez nous le savoir au bureau du Lambda et nous publierons une liste de Canadiens que vous croyez important. Merci.

I Bet You Didn't Know That ...

by Karen Thistle
staff writer

* In September 17, 1974, four women were inducted into the RCMP. Women were in the RCMP in other capacities but now they are in working undercover, in narcotics, commercial fraud investigations and highway patrol.

* On the series Star Trek: The Next Generation on the show "The First Duty" we learn that cadets recently returned from a skiing vacation in Calgary, Alberta. Seems that in the 24th century the Canadian city is still renowned for it's great winter sports facilities.

* That the word Beaver can mean: the fur or pelt of the animal, a hat made of beaver's fur, lower face-guard of helmet, a full beard, a gold coin of Oregon, a parochial term used in bridge meaning redouble.



* Vancouver - named after Captain George Vancouver, a British Navel Officer, who discovered the island in 1772.

* Calgary - named after a small village in Scotland. Gaelic generally meaning "clear running water".

* Saskatoon - named after the a red berry of the same name found growing wild in this area.

* Winnipeg - an Cree word derived from "win" meaning dirty and "nipi" meaning water.

* Toronto - an Iroquois word with a disputed meaning. Some believe it to mean "timber falling into the water", others believe it to mean "a place of plenty".

* Quebec - an Indian word meaning "where the river narrows".

* Sudbury - a word derived from Old English which means "south burg or fort".

* There are approximately 709 places in Canada which have the word Beaver in their name.

* The Big Nickel is a replica of the Canadian coin issued in 1951 and is made with sheet metal.

* The population of Canada in 1996 was 29 857 369 people.

* Cape Spear, Newfoundland, is the

most Easterly point in North America, and during World War II was used to hold gun emplacements because of the Government's concerns about German submarines being off Canada's coast.

* The Big Nickel holds Canada's only underground mailbox.

* While the SkyDome's roof is closed it is still large enough to house a 31-story high building.

* The CN Tower soars 550m (1800 ft.) above the ground and is considered one of the world's largest freestanding structures in the world.

* Calgary's largest attraction is the Calgary Stampede.

* In 1979 the United Nations designated Dinosaur Provincial Park in Alberta, a UNESCO World Heritage Site because of the abundant sources of fossils found there.

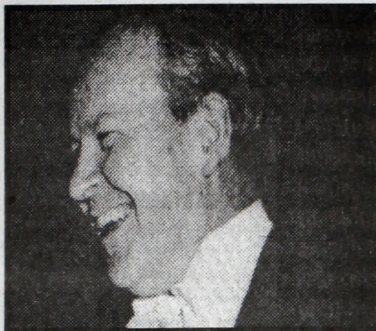


DIANA



Canadians of Political & Historical Importance

Lester Pearson



Perhaps one of Canada's most internationally and domestically influential person, Lester Pearson is one Canadian that will never be forgotten. He was known for his athletic ability in both baseball and hockey, as well as his intelligence, charm, diplomatic skill, and persistence. Pearson served in the Great War with the first hospital unit in the Balkans as well as in the Royal Flying Corps. Pearson received his formal education at the University of Toronto and at Oxford. It was in the Foreign Service of Canada, and eventually as Canadian Prime Minister that Lester B. Pearson made his mark on the

world.

Among his early accomplishments, Pearson established numerous international agencies and boards, he served as ambassador to the United States, and had a major impact on Canadian foreign policy. Despite what the Americans mistakenly believe about their Woodrow Wilson, it was Lester Pearson who first introduced the idea of an international organization, namely the United Nations. For his contribution to world peace and international stability, which had a dramatic impact on world politics, Pearson won the Nobel Peace Prize (he is the only Canadian to win this distinction).

Domestically, Pearson's government managed to adopt a distinctly Canadian flag, completed Canada's move to a welfare state (the social safety net) with the Canada Pension Plan and Medicare, as well as unifying the Canadian armed forces and establishing Canada's internationally renowned reputation as peacekeepers. While he may not have been entirely successful in all of his endeavors, Pearson's effect on the entire globe

will never cease to be felt.

Emily Murphy



Emily Murphy was born into an era in which women had absolutely no political rights whatsoever. Against all odds, she became the first woman judge in all of the British empire. This accomplishment alone would have been enough to secure Murphy's place among important Canadians, however, she did not stop there.

Murphy spearheaded the famous "Persons Case" in which women sought to be considered persons under the law. Considering her background as a successful author

and journalist, as well as a respected judge, it was unbelievable that the government and law did not even consider this woman a person. It took the Judicial Committee of the Privy Council in England to overrule the Canadian court decision to finally recognize women as persons. Murphy's fight was long, complicated and included the abuse and scorn of many of her peers, yet she did not allow this to stop her.

Emily Murphy not only pushed forward the status of women in Canada, but the ramifications of her actions could be felt in the growing women's movement around the world. Throughout her life, Murphy continued to campaign for the rights of women in a time when it was most unacceptable and very unfashionable. It is thanks in part to her tireless efforts that Canadian women are not only considered persons, but are not considered second class citizens.

Nellie McClung

Another of Canada's famous feminists, McClung was instrumental in getting the vote for women in

Canada. She began her campaign in order to further the temperance movement and achieve prohibition in Canada. While her true aims may not have been achieved, she was motivated by the need to improve conditions for women. By winning the vote for women, she certainly met and far exceeded her goal of improving the condition of women.

In addition to her efforts in Canada, Nellie McClung was a respected and popular public speaker on women's rights. She spoke throughout the English speaking world about the rights of women and the right to vote. While her form of feminism was perhaps not as definitive as modern day feminism, she accomplished great feats in advancing the women's movement throughout the world and especially within Canada.

Other Important Canadians

Pierre Burton, Sir John A. MacDonald, Laura Secord, Billy Bishop, Peter Gzowski, Marshall McLuhan, Gabrielle Roy, Louis Riel, Sanford Fleming,

Canadians in Science, Medicine, & Inventions

Alexander Graham Bell

As we all know, Bell was the man to invent the telephone. Considering the monumental change that it had on the entire world, Bell has been the single most important Canadian inventor of all time. The very first long distance phone call in the world took place in Canada in 1876, from Brantford, Ontario to Paris, Ontario. It forever changed communications technology and started the ball rolling for international communications. Alexander Graham Bell also had several other inventions, including the hydrofoil.

On the personal side, Bell spent much of his life assisting the deaf. His life's work was teaching deaf people to speak, which actually led to his research on the transmission of sound, which in turn led to the invention of the phone. Bell stated that he was most proud of his role in helping to teach Hellen Keller (who was deaf, mute, and blind) to speak. Alexander Graham Bell was a brilliant man whose impact on the world as a whole was monumental.

David Suzuki

Easily Canada's most recognized scientist, this biologist and environmental activist has gained a reputation in Canada and all over the planet. Suzuki's father was one of the Canadians of Japanese descent that was interred in WWI, yet despite this black mark in Canadian history, David Suzuki remains a proud Canadian. The brilliant scientist completed his education in the United States and began his career as a zoology professor at the University of British Columbia.

Surprisingly enough, it was not his television series or specials that first brought Suzuki into the international limelight. His breakthrough research on fruit flies was the catalyst for his worldwide reputation. Some of his previous and current series include: "Quirks and Quarks", "Earthwatch", "Discovery", "A Planet for the Taking", and of course, "The Nature of Things", which is seen in fifty different countries the world over. In addition to these successful programs, Suzuki also produces books, kids shows, and heads several environmental foundations.

David Suzuki's work in teaching, research, and environmental activism has certainly had a profound impact on the way we, as a society, look at the world we live in and our role in it.

Frederick Banting

Finding a manageable treatment for diabetes was a medical breakthrough that revolutionized the lives of diabetics everywhere. The discovery of insulin at the University of Toronto in 1922 put Canada and Canadians on the map in terms of medical research and breakthroughs. Although it was a team effort of people from several countries, including the U.S. and Scotland, Canadians played a pivotal role in discovering insulin. It was Frederick Banting who first conceived of the idea of isolating the pancreatic hormone that all diabetics lacked, which came to be known as insulin.

With Professor J.J.R. Macleod and research assistant Charles Best, the discovery was made. Banting

had, up until then, been a small-town doctor with little research experience. With the discovery of insulin, Banting was thrown into the limelight and was in a whole new world. For his work, Banting won the Nobel prize for medicine. He was only a part, albeit a significant part, in the discovery and he was unable to produce any other medical breakthroughs. Despite this fact, it can never be forgotten that diabetics in every country can thank Frederick Banting and his colleagues for discovering the lifesaving insulin.

Joseph-Armand Bombardier

While his company is now more famous for its aircrafts, Bombardier began with the invention of the Ski-Doo. It may seem as though Ski-Doo's are meant only for racing around the trails and having a grand old time, but they had important ramifications for the millions of people worldwide who live in snowy, winter climates. Life for these people suddenly became accessible with Bombardier's new invention. No more would families have to live in dangerous isolation during the freezing winter months.

Ski-Doo's dramatically changed the way of life for many northern Canadians, not to mention life for people in other northern countries. As a means of transportation or for sport, Bombardier altered the meaning of winter. Bombardier died in 1964 so he was unable to see his invention spread to the rest of the world, with sales of over 2 million machines worldwide by 1990. Nowadays, the Bombardier company is a massive and important Canadian

manufacturer of airplanes, trains, and public transportation systems to international markets.

Norman Bethune

Born on March 3, 1890, Norman Bethune began an adventurous life that brought him around the globe. Bethune was a brilliant man who was educated in Canada and England, he taught in a one room school house, then enrolled in the Faculty of Medicine at the University of Toronto. He served Canada in the First World War and afterwards continued his medical training. It was in this field that he would gain incredible notoriety. Bethune's trial and tribulations with tuberculosis left him wanting to do more, "I'm going to find something I can do for the human race, something great, and I am going to do it before I die."

Bethune's genius with medical research and mechanical engineering led to the invention of several tools used in thoracic surgery that are still in use today. He also became a well noted chest surgeon, and made important strides in blood transfusion technology. In addition to his remarkable accomplishments in medicine, Norman Bethune was a

successful artist as well. His artwork was given exhibits in galleries throughout Canada. This was a man of great imagination, intelligence, and determination.

Eventually his focus shifted towards social action. Bethune was primarily concerned with the standard of living and medical conditions of peoples throughout the world. It was Norman Bethune who introduced the idea of universal medicare, albeit to unresponsive audiences. His medical career took him to Spain, other areas in Europe, and to China. To this day, Norman Bethune, who died while serving as a field doctor in China, is revered as a martyr among the Chinese people. Norman Bethune was an important Canadian, an important doctor and researcher, and most of all, an important humanitarian.

For more information on Canadians and Canadian Trivia, some truly great books to read are "The Canadian 100: The 100 Most Influential Canadians of the 20th Century" and "Mondo Canuck: A Canadian Pop Culture Odyssey".

STOP STUDENT DEBT

NATIONAL GRANTS NOW

DAY OF ACTION JANUARY 28, 1998

Canadian Federation of Students

Take Off, Hoser

by Derek Serafini
Asst. Features Editor

Canada has been a veritable hotbed for comedy over the years. Some of the world's best known and funniest people were born and grew up in Canada. Many of the top American productions have a Canadian at centre stage. What can account for our jovial deportment? Who knows?.

It may have started back in 1976 when a Torontonian named Andrew Alexander took his idea for SCTV to the networks. After being rejected by both the CBC and CTV, he finally secured a deal with Global. Casting the Canadian talent of John Candy, Eugene Levy, Harold Ramis, Andrea Martin, Martin Short, Catherine O'Hara, Rick Moranis, and Dave Thomas, Alexander automatically had a winning combination. Running for 8 years, both in Canada and the U.S., SCTV became a stage on which Canadian talent could shine both at home and abroad. In the U.S., SCTV's ratings often outshone those of its American counterpart, Saturday Night Live.

From SCTV, came the hilarious spin-off starring the McKenzie brothers, Bob and Doug. Played by Rick Moranis and Dave Thomas, the McKenzie brothers were responsible for "hozermania" in the mid 80's. Performing a skit that originally was a satire of the Canadian

content regulations of the network, the two comedians even secured a movie deal and created the cult classic Strange Brew. With ample beer on hand and back bacon cooking in the background, the McKenzie brothers would spend their time trying to inform the public how to get a dead mouse into a beer bottle and with that bottle, get a free case of beer. Decked out in plaid, the pair became the heroes of North America's hosers.

While SCTV and hozermania reigned supreme above the border, a Canadian producer was a work in the States. Toronto-born Lorne Michaels was responsible for the creation of Saturday Night Live. Drawing on homegrown talent, Michaels amassed a cast including the likes of: Dan Akroyd, Martin Short, Mike Myers, Mark McKinney, Phil Hartman, Norm MacDonald, Bruce McCulloch (writer), Howard Shore (musical director), Paul Shaffer, Rosie Shuster (writer), Anne Beatts (writer), and Norm Hiscock (writer). Still popular today, SNL was and is the launching pad for a number of great actors.

Almost 15 years after the creation of SNL, Michaels again looked north of the border for some homegrown talent. This time he saw five young comedians in need

of exposure. Kevin McDonald, Scott Thompson, Bruce McCulloch, Dave Foley, and Mark McKinney were so funny that Michaels immediately signed them to a contract and the Kids in the Hall were created. From 1989 - 1995, one of the funniest shows to hit television successfully ran in Canada and the U.S. With skits like the chicken-lady and the anal-probing aliens, the kids quickly drew a heavy following. In 1992, when the show moved to CBS latenight, its ratings were often higher than David Letterman's.

Even today, with shows like This Hour has 22 minutes and the Royal Canadian Air Farce, Canadian comedy is as popular as ever. Not only has Canada been the spawning ground of many great comedy troops, it has also created some fine comedic actors like Jim Carey.

It's hard to know what makes Canadians so funny. Although internationally reputed as a timid and quiet people, our comedic success would definitely refute such a definition. We are great observers and, as such, are able to pick out the tiniest ironies of life and bring them into comedic light. It is a success unparalleled anywhere else in the world. It kind of makes you, as Mike Myers' character, Linda Richman, would say, "farklept." Talk amongst yourselves.

Canadian Sport

by Derek Serafini
Asst. Features Editor

When one considers the history of our country's participation in athletics, a barrage of names, places, and events comes to mind. Although we may not have yet managed the success of the U.S. or other countries, we have indeed made our mark on the international stage. In both professional and amateur settings in both high-profile and low-profile events, Canadians have triumphed.

To go into describing specific people in specific sports would be tedious and somewhat tiresome. Upon only a second's introspection, I could come up with name after name and triumph after triumph. I could cite the names that you have never heard of like: Ferguson Jenknins (hall of fame pitcher for the Chicago Cubs) or Sandra Schmirler (3-time world champion curler). I could also make a list of Canadian athletes who are currently starring on the world stage like: Larry Walker (MVP of baseball's national league), Steve Nash (young NBA star), Wayne Gretzky (NHL star), or Donovan Bailey, Susan Auch, Marnie McBean and Elvis Stojko (champion olympians). I could also use the example of a few athletes like Silken Lauman, Mark Messier, or Terry Fox, who all define true grittiness and what it means to be a Canadian. I could do all of the above things, but I don't think that a collection of individuals will help to capture Canada's athletic prowess. For me, one event stands above any individual effort or career. One moment, 6 years prior to my birth, gave Canadians such a sense of pride that people still refer to this event today with

pride - the 1972 Summit Series.

On July 20th 1969, 10 million Canadians watched Neil Armstrong's lunar landing on television. On September 28th 1972, TWELVE AND A HALF Canadians tuned in to watch Paul Henderson jab a puck past a sprawling Vladislav Tretiak to win the 1972 Summit Series. If that fact doesn't say something about Canada, I don't know what does. More people tuned in to watch a hockey game than to see mankind's defining moment of this century. From what I am told, schools and workplaces coast to coast were put on hold to watch the game. If you ask any Canadian who was around back then where they were when the goal was scored, they will be able to tell you with the same accuracy that an American will have when you ask them where they were when JFK was assassinated.

For 27 days that September, Canadians were glued to their TVs facing the possibility that we were no longer the world's hockey powerhouse. And if we weren't that, what the hell were we - a question Canadians were starting to ask more and more at the time.

Because of Henderson's goal, we didn't have to answer that question. When a relatively unknown winger from the Toronto Maple Leafs scored with 24 seconds remaining in the third period, our national identity was secured (for awhile at least).

I'm not, by any means, the greatest hockey fan in the world, but I've seen the clip of Henderson's goal replayed a hundred times. Even when I see it now, I still get chills down my spine. Foster Hewitt's call is etched into my brain: "Here's a shot! Henderson made a wild stab

for it and fell. Here's another shot, right in front. They SCOORRE! Henderson has scored for Canada!"

Today, over 25 years after the fact, the USSR no longer exists, several Russians are earning top dollar in the NHL, and Team Canada refers to a group of provincial premiers going overseas with the PM in order to attract foreign investors. Times have undoubtedly changed, but this moment will reign supreme in the minds of Canadians for decades to come. For a split second in history, we were the best.



The 90's Sound Explosion

Currently, the music industry in Canada is thriving on several different levels. Not only are our big mainstream acts bigger and more globally mainstream than they've been before - Bryan Adams, Celine Dion, Alanis Morissette, and Shania Twain are four of the world's top-sellers in their fields - the fringes are on fire too: by 1996, there were over 200 labels across Canada ensuring that the fertile fields of of up-and-coming musical activity would constantly be tilled for sprouting talent. But it is the territory between mainstream and fringe - pretty much a wasteland during the eighties - which really reflects the new vibrancy and confidence of Canadian music in most interesting and promising ways. This is the realm of music which is popular on its own terms, which has built national or modest international followings without concession to mainstream calculation. Indeed, there are only three things that bind otherwise disparate acts like Sarah McLachlan, Sloan, The Tragically Hip, Loreena McKennitt, 54-40, Crash Test Dummies, Odds, Bass is Base, Ashley MacIsaac, Blue Rodeo, Cowboy Junkies, treble charger, and Barenaked Ladies together: they're distinctive on their own terms,

they've built large and loyal followings on their own terms, and they live and work in Canada.

The conditions for this bumper crop of pop Canadiana - which pioneering independednet-label founder Bernie Finklestein, of True North Records, has likened to "a huge creative renaissance" are intimately connected with the circumstances which also led to the "grunge" and "alternative" explosion in the U.S. Taking a page from the punk-rock rule book, frustrated by the conservatism and commercialism of the major labels, bands everywhere are determined to do it their way: building a fan base close to home; recording, releasing, and selling their own independent albums; making their own cheap videos; exploiting the national promotional opportunities made possible by stations such as Much Music; and of course, gigging unto death. Among the more obvious benefits of this approach is the preservation of distinctive creative identities: since the do-it-yourself approach provides opportunities for exploration and exposure independent of the mainstream, mainstream criteria exert little or no influence on what these artists may do. The result has been one of the richest periods in Canadian music history.

Look Up, Look Waaaay UP!

By Karen Thistle
staff writer

Did the title bring back fond childhood memories? Perhaps it has been too long since you watched the "The Friendly Giant". Remember how the camera zoomed into the castles opening doors while the Friendly Giant (Bob Homme) told us "here we are inside and here's a little chair for you, and a bigger chair for two more to curl up in, and for someone who likes to rock, a rocking chair in the middle. Now look up, look waaaay up, and I'll call Rusty." Maybe some of you never had the chance to watch the Friendly Giant with his friends, Jerome the giraffe and Rusty the Roster, both the voice of Rod Coneybeare. The show was produced between 1958 until 1985, chances are you were around for part of time span.

It's unfortunate if you never had the opportunity to watch the Friendly Giant because you missed one of the many celebrated Canadian Children Television Shows. Canada is the world's second largest exporter of Children's Television Shows, second to the United States. Canadian-produced programs are being viewed in approximately 140 countries outside of our own. Included among these programs are Lamb Chop's Play Along, Babar, Big Comfy Couch, Dudley the Dragon and the various Degraffi series, as well as the computer animated show Reboot.

Okay, maybe you are not familiar with the new generation of children's television shows. Let's see if any of these quotes ring a bell; "You mean Polkaroo was

here and I missed him?", "Let's open up the tickle trunk", "Let's go GP". Familiar? In order these shows are Polka Dot Door, Mr. Dressup, and Once Upon A Hamster.

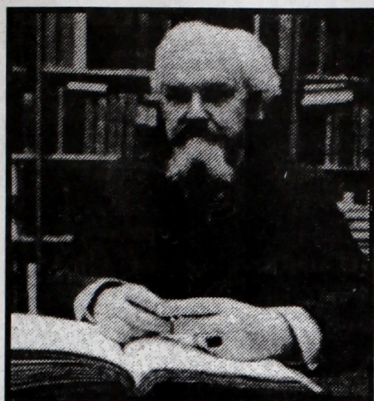
Polka Dot Door which was produced between 1970 and 1993 had two friendly adults play with toys, sing and read stories. Remember the mouse that would help us learn what time it was? Perhaps you remember Marigold, Bear, the stuffed toys that the adults would talk to. If you watched this show as a child perhaps your favourite moment was when Polkaroo stopped outside to visit with one of the adults while the other adult was away. The second adult never got the chance to see the Polkaroo, hence they saying, "You mean Polkaroo was here and I missed him?"

Casey and Finnegan, tickle trunk, backyard fun, costumes, and guests, add them all up and you get Mr. Dressup. The show produced from 1967 to 1996 featured Mr. Dressup (Ernie Coombs) making everyday fun by taking out costumes from his tickle trunk. Drawing and playing with Casey, his puppet friend. Finnegan, who never talked to Mr. Dressup, whispered to Casey how much fun he was having. The tickle trunk which was located in Mr. Dressup's living room always helped create fun for those who were watching.

Whether you watch the new children shows like Raffi, Sharon, Lois and Bram, Fred Penner and the other great Canadians there is no denying that Canada is leading the pack.

Great Canadians in Literature

Robertson Davies



Davies is most commonly referred to as the founding father of modern Canadian literature. It was first with the writings of Robertson Davies that the rest of the world came to realize that there was a distinct Canadian culture and literature, separate from American and British literature. Thanks to Mr. Davies, not only the rest of the world, but Canadians as well became aware of the fact that Canada actually possessed its own identity.

Davies was born in Thamesville, Ontario on August 28, 1913. He began his education in the best schools in Canada and completed it at Oxford in England. While his first aspirations were to be in the theater, he spent most of his professional career in academia. He was appointed First Master of Massey College in Toronto and spent nearly twenty years there. Throughout this time he published many successful novels.

The Deptford trilogy remains his most famous body of work, it consists of *Fifth Business*, *World of Wonders*, and *The Manticore*. Even today, Davies' books are being read in Japanese, Greek, Hebrew, and Estonian, among many other languages. The novels of Robertson Davies

showed Canadians and the World that Canada is country rich with diversity, depth, legends, and myths. He illustrated just how much, we as Canadians have our own identity and heritage.

In 1986, Davies was nominated for both the Booker Prize and the Nobel Prize for literature. Obviously, this is one Canadian who is widely recognized throughout the world. The contributions of this Canadian writer strengthened the image of Canadians to others and most importantly, to ourselves.

Margaret Atwood



Margaret Atwood is one of the most important writers that has ever come out of Canada. Not only has she written books of poetry and fiction that illustrate Canada's strengths and national character, she has done a great deal in furthering feminist literature in the world. Her influence on Canadian thought is immeasurable. Atwood's powerful verse and vivid imagery has always been thought-provoking and oftentimes controversial.

Margaret Atwood was educated in Canada, at the University of

Toronto as well as studying at Harvard. She spent her early years teaching in various places throughout Canada but gave that up when her success as a writer was obvious. Her novels and poems center around female protagonists with a struggle between humanity and nature as a common backdrop. Her writings have done much for advancing the position, status, and focus of women not only in Canada but throughout the world as well.

Atwood has long been an ardent Canadian nationalist who speaks out in favour of Canada's interest, often amid great controversy. She was one of the original founders of the Writer's Union of Canada, an active promoter of Amnesty International, and she has campaigned strongly against the "Americanization of Canada". Not only is Margaret Atwood one of Canada's finest resources in the literary world, she is also a driving force in promoting the virtues of Canada.

In her career, Atwood has won the Giller Prize, the Governor General's Literary Award, and two nominations for the Booker Prize. The Margaret Atwood Society, in Florida no less, as well as regular conferences and literary journals are all devoted only to Atwood's work. Margaret Atwood's impact is felt not only through her numerous and powerful written works, but also through her speeches, criticisms and international celebrity.

Lucy Maud Montgomery

Even if you have never read *Anne of Green Gables*, you have definitely heard of it. Montgomery's numerous books about PEI and the Canadian people are as much a part

of Canadian culture and heritage as the French/English tensions. PEI has become a tourist hotspot for travelers the world over, all thanks to the vivid, eloquent books of Lucy

Maud Montgomery.

Montgomery was a school teacher whose first novel, *Anne of Green Gables* was rejected by several publishers and was eventually packed away by the author. It was not until several years after she had written the novel that Montgomery's book was finally published, by an American company! The book subsequently sold out through numerous printings, was made into two different major motion pictures, and is still read in over a dozen different languages throughout the world.

The overwhelming success of *Anne of Green Gables* led to the introduction of a booming new business in Canada, tourism. Up until the book's publication, Canada's tourism industry was somewhat lacking. Today, the Green Gables of PEI are one of Canada's top tourist destinations and appeal to millions of people from both Canada and abroad.

Margaret Laurence



While she may be remembered for her works of short fiction and novels, Margaret Laurence's scope as a writer was vast and varied. She wrote poetry, essays, Canadian novels, African novels, and even translated a book of Somali poetry. It would seem as though the talents of this Canadian writer were limitless. In her writings are an obvious Canadian pride and an intimate understanding of the Canadian psyche. It was through Margaret Laurence that small-town Canada came to the rest of the world, through a definitively female point of view.

Laurence's most recognized works include the Manawaka series, with *The Stone Angel*, *A Jest of God*, *the Fire-Dwellers*, and *The Diviners*. Laurence often used her writings as a forum for social statements about such issues as social awareness, racism, sexism, and authoritarianism to name but a few. Margaret Laurence not only made important contributions to Canadian Literature, but also to the social climate of Canada and the world at large.

Other Notable Canadians

Stephen Leacock, the Hardy Boys, I.P. Kinsella, Bill Mason, Farley Mowatt, Mordecai Richler, Carol Shields, Ann-Marie MacDonald, Donald Creighton, Thomas Chandler Haliburton



Mordecai Richler

Arts & Entertainment

Emily Carr



Like the Group of Seven, Emily Carr's artwork is recognized and admired throughout the world. Her beautiful, lush landscapes showed the natural allure of Canada. Despite the fact that Emily Carr's work did not gain notoriety until she was fifty-six, she became one of Canada's most celebrated and successful artists. What many people do not realize is that Carr was also a successful author, with four published books.

Emily was born in Victoria in 1871 and was orphaned by the age of 14. Unfortunately, she was raised by her oldest sister, a relationship that was strained and tense at best. The artist trained in different schools, from San Francisco to England, and finally back to Canada. During that time, Carr also suffered a complete physical and mental breakdown and was institutionalized for quite some time.

It was only through the Canadian landscape and the Indian villages on Canada's west coast that Carr found her artistic calling. She captured the attention of gallery owners, began to give exhibits and was welcomed by the Group of Seven. Her success was late in coming and for many years she was known as the odd old lady with a varied assortment of animals and was subjected to scorn and verbal abuse. Now her works are expensive, highly coveted pieces of artwork, her reputation as one of Canada's foremost artists secured, and her impact on Canada and the rest of the world without equal.

Oscar Peterson



On August 15, 1925 in Montreal, a misfit legend was born. Jazz great Oscar Peterson was a black

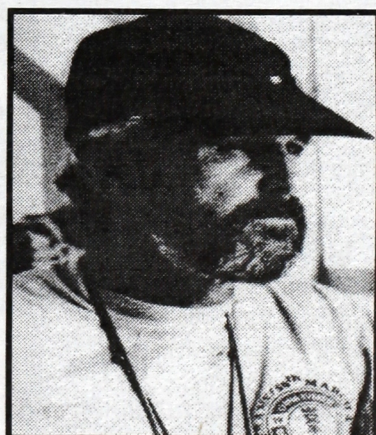
english-speaking boy born into a white french-speaking world. Despite the racial slurs and abuse, Peterson rose to such fame and stature that few Canadians before or since could hope to match. By age 14 Oscar won a national piano competition hosted by the CBC and his course in life was set. When he debuted at Carnegie Hall in 1949, the only Canadian there shocked the crowd, brought down the house and stole the show.

Over his most impressive career, Oscar Peterson released over a hundred albums, both on his own and with other greats like Ella Fitzgerald, Dizzie Gillespie, Lester Young, and Louis Armstrong. By the 1970s, he was unquestionably the most successful jazz pianist in the world. Not only was he successful with the fans, Oscar also captured several Juno and Grammy awards throughout his career.

Throughout all of his international success, Peterson remained a patriotic Canadian and has often been active in various social awareness campaigns. In 1983 he spoke out about the lack of Blacks in Canadian advertising. In 1986 he began teaching music part time at York University and became chancellor of the school in 1991. This is one Canadian whose influence both in Canada and internationally simply cannot be un-

derestimated.

Norman Jewison



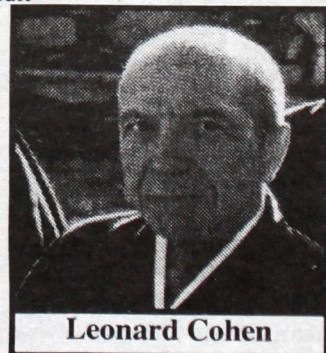
This man from Toronto has served in the Canadian Navy, gone to the University of Toronto, worked for the BBC in England, as well as for the CBC in Canada, and various TV projects in the U.S. and all of this before he made it big! Norman Jewison is best known for his Hollywood feature films. Some of his works include: *The Cincinnati Kid*, *The Russians are coming*, *The Russians are Coming*, *Pravda*, *In The Heat Of The Night*, and *Moonstruck* among many others.

Some critics have argued that Jewison cannot be considered Canadian anymore because he left to pursue his career in the United States, however, he became disillusioned

with the United States and moved to England. Most importantly, film buffs acknowledge the noticeably Canadian slant of Jewison's work. This film-maker showed the rest of the world that Canadians export the kind of talent and vision that can be found in other countries and helped to establish Canadians as leaders in the film industry.

A Few Other Notable Canadians:

The Group of Seven, Sarah McLachlan, Neil Young, Lorne Greene, Bryan Adams, Dan Aykroyd, James Cameron, Neve Campbell, John Candy, Cirque de Soleil, Leonard Cohen, Linda Evangelista, Micheal J. Fox, Joni Mitchell, Leslie Nielson, Kate Nelligan, Mike Meyers, Matthew Perry, Mary Pickford, Jason Priestly, Gilda Radner, Keanu Reeves, Paul Shaffer, William Shatner, Martin Short, Donald and Kieffer Sutherland, Dave Thomas, Alex Trebek, Trivial Pursuit



Leonard Cohen

Off The Top Rope Retire Already!!!

by Mat Thompson
Entertainment Editor

Is anyone else sick of all these geriatric wrestlers squeezing their flabby, out of shape bodies into wrestling tights and re-entering the ring? Why not retire with a little dignity instead of coming back every few years for a return "icon" match against another has-been? Wrestling is a sport for the young and the talented, and many wrestlers have over stayed their welcome.

There is the obvious faction of wrestlers who should just retire with what they have. Hogan, Macho, Piper, and Flair. Sure its cool to see our favorites from the 1980's once in a while, but it is getting a little pathetic. How many more times can Hogan defeat a young athlete with that pansy leg drop? He is nothing compared to the talent out there today. If it was fair, anyone like Bagwell or Benoit would whip his ass! Macho is rumored to be retiring this year (thank God!) and wants to go out a good guy. That is probably why there is the new problems in the nWo.

Remember when the WWF brought back Bob Backlund? That was pathetic. He could not wrestle to save his own live, and they had him win the title from Bret. At least he got the hint after a while and retired again. Some of these old guys are bordering on Backlund patheticness.

The most pathetic return to wrestling has to be a tie between both the WWF and WCW. WWF brought back Terry Funk as Chainsaw Charlie. Funk was old back in the 1980's when he was wrestling Hogan for the title and branding the JYD at every turn. Now he should be in a home, but he is Cactus Jack's partner. Just last weekend he survived pretty long in the Royal Rumble (without having a heart attack).

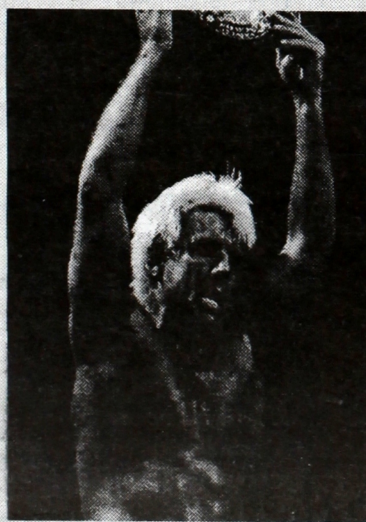
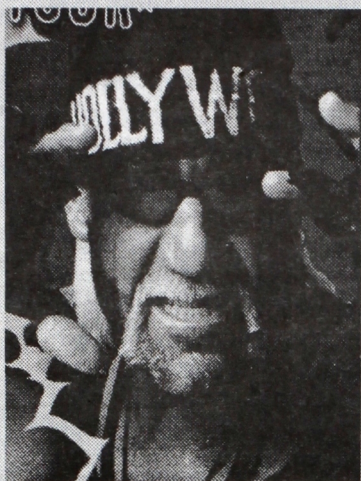
Now the WCW isn't going back that far in wrestling history, but they did just hire 3 former WWF tag Team champions; The Anvil, Rick Martel, and Marty Janetty. Why? These guys were the pathetic half of great tag teams that could never make it on their own. The Anvil just rides on his brother in law's coattails. He was a good wrestler, but not anymore. Rick Martel won his first WWF tag title back in the late 1970's. He went on to become the AWA Heavyweight Champion and a great partner for Tom Zinc (Can-Am Connection) and Tito Santana (Strike Force) but it all went down hill from there. So why would the WCW hire him? Maybe they had an opening for a major has-been.

Speaking of has-beens, what the hell is Marty Janetty doing back? The Rockers broke up when he broke an opponents neck and he and the WWF were sued for millions. He returned to fight Shawn, but was no match for what Shawn had become. Now he is wrestling in singles matches in the WCW where he would have had no chance even in his prime. And what's with the finishing move called "the show stopper"? Are we that pathetic and jealous? Please Marty, just fade! The Rockers are gone. And a note to the WWF and their little NWA thing, The Rock and Roll Express were out of their prime around the same time as Thriller was big. If Jim Cornette wants to bring real wrestling to the WWF, do not bring back any old teams. I swear I will stop watching if either the Fabulous Freebirds (Doc Hendric's old team as Michael PS Hayes) or the Midnight Express come back. It wrecks our memories to see these wrestlers this way!

For all you wrestling fans out there who like to see young talent that can mix it up with the best of them, check out the ICW coming to Sudbury in February. Up and comers like Glen Kulka, Sexton Hardcastle, The Gothic Knight and others will be tearing up the mat at Sudbury Secondary School. Keep checking this section for

more information or just get your tickets at Sudbury SS now! The last show rocked and I have a personal guarantee from the ICW that this is going to be the best yet!

To all you wrestlers that made their name in the 1970's, please step aside gracefully. It's just awful to watch wrestlers break hips or loose their false teeth in the ring. We want to see the new generation of wrestlers, not some old fart holding on to the three remaining Hulkamaniacs in the crowd. Just fade and fade fast!



Online

by Nick Stewart
Contributor

The Internet, if you ask me, is a big, huge slaving black hole of human corruption and depravity. But as sick and twisted as it can be, there is a surprising amount of worthwhile things on there... the trick is finding it among that vast amount of STUFF. That's what this column is here for,,, to guide you through the twisted maze to find the better things. Most everyone has access to the 'net, these days, or know people that do. At the very least, the computer labs offer access to it, though the vast majority of the computers in this school are CRAP, so if I were you I'd use another venue for surfing. What I hope to present to you in this column are things that are stranger than strange, funny as hell, useful or just plain funky. And just a warning... I'm not gonna list any skin sites. If you want to see some mindless blond bimbo flashing her chest at you, just type any basic word and you will be bound to get at least 20 mindless sex sites. The sites I am listing are the alternative to these useless lonely guy sites. Okay, enough talk. Onto the main attraction...

Cult of the Dead Cow: <http://www.10pht.com/cdc.html>

A page made by some of the first hackers that ever were, it's supposed to be for other hackers. This is the kind of page that possesses that exact degree of cyber-cynicism that hundreds of thousands of other page creators have attempted to imitate. Normally I wouldn't bother mentioning a page like this, but I highly suggest that lovers of all things alternative check out their file archives. It is just PACKED with amazing alternative literature. Okay, so a lot of it is obviously written by some lonely guys, but there is a lot of great mind-altering stories floating among them, you just have to find them. Trust me, it's worth it.

Dogpile: <http://www.dogpile.com>

The one thing I hate about searching for things on the 'net, other than the fact that what ever you type comes up with a handful of porn sites (I mean, typing "shoe" is liable to find you a few dozen sites involving foot fetishes or something), is the fact that you usually have to use a half dozen different search engines before you can get what you want. Well this site cuts out the middle man and checks through more than a dozen search engines all at once. Fraggin' useful!

Steps in Overcoming Masturbation: <http://paranoia.com/~fraterk/stopit.html>

Having problems leaving your room? Think you might have a problem? Pay a visit to this page. This site attempts to help you break away from the big M word, giving a bunch of steps to follow and tips to try and cut down. It has some religious overtones, but what do you expect? It's good for a laugh if nothing else.

Internet Movie Database: <http://us.imdb.com/>

This site is the definitive Internet movie site. It's a freaking HUGE database, with more than 125 000 movies. You can sift through this site using a million different search strings, either with the movie/TV name, character's name, cast's name, or even a quote from the show, the plot, or any number of other things. This site also has the complete list of Academy Award winners from 1927 to the present, as well as columns on daily Hollywood events. Great for settling arguments ("See? I told ya Ernest Borgnine starred in Morally Liberated Amazon Women From Mars...")

Alternative Dictionaries: <http://www.notam.uio.no/~hholm/altlang/>

If ever you've wanted to know how to swear, sexually proposition or basically do anything else that you weren't able to find in the dictionary of a different language, drop by here. This is a site that specializes in making "words and expressions you most likely won't find in a normal dictionary" (slang basically) available tot he web-going public. The kinds of dictionaries available range from standard languages such as Russian, French, German, and Spanish, to the less standard, like Dutch, Swedish, and Polish, tot he downright WEIRD, such as Yapese, Macedonian, Armenian, and Gujarti. Perfect for those times when you just wanna leave 'em standing there going "What the hell did you just say?"

Kraft Dinner SuperBowl Snacks

KD Muffin Cups

Ingredients: 1 box Kraft Dinner
1 box Ritz crackers
Topping of choice

Directions: Make your KD according to the directions on the side of the box. Take a few muffin trays and butter the insides of the holes of the trays are not no-stick. Place a Ritz cracker in each muffin hole. Fill each 2/3 full with the KD you just made. You can top the KD with a little salsa, more cheese, or some chili powder or various spices. Bake the KD muffins in the oven at 350 for about 8-10 minutes and remove. Let them cool for a few minutes before attempting to remove them from the trays, then serve hot as a great snack.

KD Taco Dip

Ingredients: 2 boxes Kraft Dinner Spirals
1 container Sour Cream
Shredded cheese
Diced Tomatoes, Peppers, and Olives
Salsa

Directions. Make the KD according to the directions on the side of the box. When the mixture is complete, place the KD in the fridge to cool. When cooled off, take a lasagna pan and fill the bottom with the KD. In a separate bowl, mix together the sour cream and salsa. Once mixed, top the KD with a layer of this mixture. Dice up your tomatoes, olives, onions, peppers, or any topping of your choice and make a layer of these on top of the salsa/sour cream. Top with a good layer of shredded cheese and refrigerate. Serve chilled with taco or nacho chips. It makes a great dip for a grueling afternoon on the couch watching football.

Extra Cheesy Popcorn

Ingredients: 1 box Kraft Dinner
2 bags microwave popcorn

Directions: If cheese flavored popcorn just isn't cheesy enough, here is a great recipe. Make the KD according to the directions on the side of the box adding a little extra milk to make the mixture extra cheesy. Pop the popcorn and when it is done, mix the KD into the popcorn in a large bowl. Eat it with you hands or use a spoon. Either way you will have the cheesiest popcorn in town!

Picture Perfect



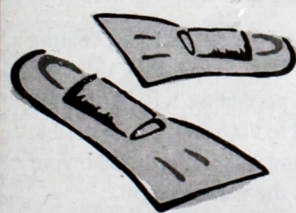
by Mat Thompson
Entertainment Editor

New on the video shelves is yet another movie starring a cast member of *Friends*. Most flopped with their first try at a major motion picture, but **Jennifer Aniston** has never really completely flopped. Her first movie, the amazingly cheesy *Leprechaun*, and her first after *Friends* motion picture *She's The One* fared well at the box office and have also done good business on tape. **Picture Perfect** is **Jennifer Aniston's** first movie in which she plays the lead character (instead of an ensemble cast like *She's the One*). **Picture Perfect** did pretty good in its summer release, but will probably do much better on video as the newest romantic comedy that couples will eat up.

Picture Perfect follows **Jennifer Aniston** as a very junior ad executive who seems to be the only single woman in her family, work, and all of New York. When it seems like she can't get ahead without a fiancée, she shows a picture of her and a guy (SNL's **Jay Mohr**) she met at a wedding to everyone, pretending that they are engaged. With this little lie under her belt, she gets everything she wants, including a sexual relationship with office bad boy **Kevin Bacon**. But when everyone wants to meet her man, she must find him and hire him to pretend for everyone that they are in love. Of course, Mohr falls for her and things get all mixed up as Aniston has to figure out exactly what she wants in life.

The movie actually isn't that bad considering it is your typical romantic comedy with no surprises and nothing new to give the audience. The story is very predictable, and you can see the ending coming a mile away, but it is still worth seeing. **Aniston** and **Mohr** give great and believable performances. **Mohr**, who proved his worth in *Jerry Maguire*, once again shows that he is an up and coming talent in Hollywood. **Aniston** uses all her assets, including wearing dresses that seem one size too small that she may pop out of any minute. Her portrayal of the typical movie girl who has given up on love seems to be her knack. It just amazes me that everyone favorite Friend ends up in movies like this one where she can't find a man, or in movies like *She's the One* in which her vibrator sees more action than her husband. I picture her more as a femme fatale, but that's just me. Maybe there is a Bond Girl part in her future.

At any rate, **Picture Perfect** is a good date movie if you are looking for a romantic comedy that doesn't stray too far from the mold. And don't worry about getting stuck with another boring date movie guys, **Jennifer Aniston** will keep you interested throughout the whole film.



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Crapstorm!

by Mat Thompson
Entertainment Editor

What do you get when you mix one ex-football player, two over-actors, a bad script and a lot of fire? The biggest piece of crap movie to hit the big screen in a while. What were they thinking when they made *Firestorm*? I should direct that question to **Howie Long**. He was good in *Broken Arrow* as *Travolta's* side kick, but in this movie his career has gone down in flames!

The basic idea behind *Firestorm* is that a convict, **William Forsythe**, has banned together with some other inmates to stage an escape during their chain-gang style work at a forest fire sight. They escape and take the outfits of a fire ground crew and head for their freedom. **Howie Long** is the newly appointed chief of a band of smoke-jumpers, an elite group of firefighters who parachute into fires

to save the day. **Howie** sees the ground crew, meets with them then in a strange turn of events, ends up being hunted like an animal the whole time trying to stop the fire, the convicts and save the girl. Not a bad premise, but wait until you see it.

The best thing about this movie is **Howie's** acting ability, which does not say much for the movie. **Forsythe** and **Scott Glenn**, both accomplished actors, are just pathetic in their ability to overact and make **Howie** look good. Any time anyone said a line, you could almost see the cheese flowing out! The story was loaded with even more cheese than the acting. **Howie** barely does anything. **Forsythe** ends up offing almost all of his men, and the fire is burning so out of control by the end of the movie that you wonder where these guys got their fire fighting license. The movie is full of mistakes and blunders including a small bag in which **Howie** produces two axes, a chainsaw and numerous other toys that were never there in the first place.

Firestorm comes off as a

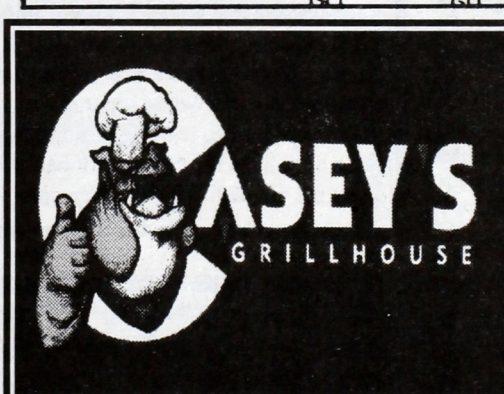
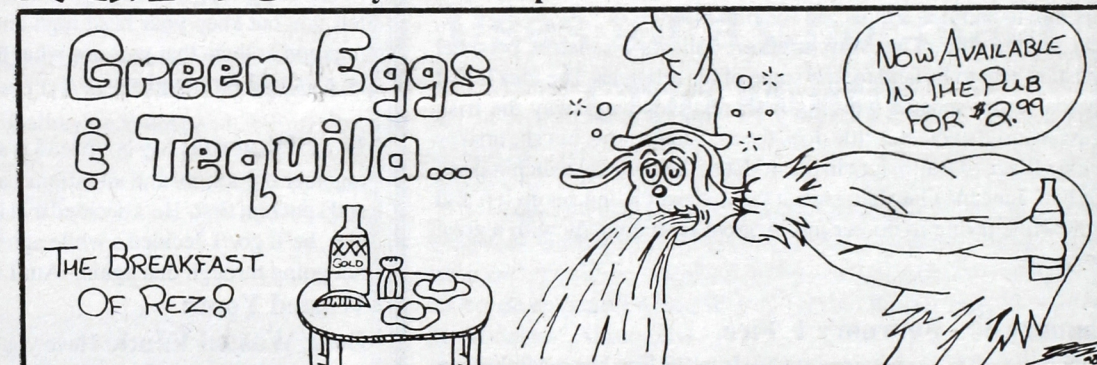


cheesy rip off of two great fire movies, *Backdraft* and *Always*. It's just too bad that all that cheese got thrown into the mix! The only redeeming factor to the movie in some points is the filming itself. Yes, that's right. I am hailing the cinematography of an action movie. There are some very effective shots of the fire, the landscape, and some cool special effects, but over all, there is nothing else good about *Firestorm*.

In my opinion, this is a movie that must be avoided at all costs! Fans of **Howie** will be disappointed, fans of action movies will be disappointed, basically, everyone will be disappointed!

OVERLOAD

by Mat Thompson



CASEY'S
2ND ANNUAL
'SUPER BOWL' BASH
SUNDAY JAN. 25TH

- TAILGATE PARTY AT 3:30 WITH FOOTBALL SKILL TESTING
- \$500.00 CASH TO THE PERSON WHO PICKS CORRECT SCORE & WINNING TEAM!
- FREE CHILI & CAJUN FRIES
- LAZYBOY GIVE AWAY ... COUCH POTATO DREAM WITH COMPLIMENTARY "DORITOS"
- 10' FOOT T.V. SCREEN -IN- STEREO
- 500.00 IN QUALITY BUDWEISER MERCHANDISE GIVEAWAY
- SPECIAL BEVERAGE PRICES -YAH!
- FREE SHUTTLE BUS' HOME

WE KNOW HOW 2 PARTY!

Cinescreen Schedule

January 23 - February 1

All shows listed will be playing at the City Centre Cinemas in theatre #3 nightly at 7:00 p.m. Admission is \$6.00 except special presentations and cheap Tuesday.

January 23-25

The Hanging Garden.

One of the most critically acclaimed films in recent Canadian cinema, this movie has won awards at festivals across the country, including Best Canadian Film at Cinefest '97. The plot revolves around a young man who returns home for his sister's wedding following an absence of ten years. This is sure to become a Canadian film classic!



January 26-28 Career Girls.

This is a funny and poignant story of friendship, youth, love and memories. The story follows Hannah and Annie as they catch up and reflect on the early days of their friendship. Through their reminiscing and a few chance encounters, we come to see that although they have changed, their close bond remains.

January 29 Cinefest Special Presentation!

Tickets for this special presentation are available in advance from the Cinefest office and the films will be played in Cinema #2. Tickets \$7.50 each/\$12.00 both. This special presentation consists of **Mrs. Brown and The Matchmaker.**

Mrs. Brown retells the story of Queen Victoria's poignant relationship with her Scottish manservant John Brown. The film stars Dame Judy Dench (Golden Eye and Tomorrow Never Dies' M) as Queen Victoria and comedian Billy Connolly (Head of the Class and the "In The Brownies" guy) as John Brown. Critics have been raving about this movie and it is a must see for film buffs!

The second film, **The Matchmaker**, follows a senator's personal assistant sent to Ireland to find some of his relatives. The idea is that photos of the senator with his Irish relatives may sway the Irish Massachusetts voters. Little does the assistant know, but she arrives in the village of Ballinagra in the midst of their annual matchmaking festival. Janeane Garofalo stars as the assistant being set up left and right while trying to do her job. A great Irish comedy with a great story.

January 30 - February 1 Fire.

Following sold out showings at Cinefest '96, Fire has recently been released into distribution. Shot on site in India, Fire is the first leg of a trilogy from acclaimed Canadian director Deepa Mehta. Fire follows sisters-in-law Radha and Sita as they break free from convention and find love in each other. Passionate, spiritual, and deeply moving, Fire is a cultural exploration of women and Indian society, as old and new, and east and west square off.



Dear Dharma



Dear Dharma: I love your column and I hope you can help me. I have a strange problem. My boyfriend and I have been together for a while and are sexually active. The sex is good, but for the past little while, he has been asking me to perform in strange ways and do things I am not completely comfortable with. He claims that doing these certain things arouse him more and make the sex that much better. I don't know how to tell him that I don't like doing certain things and I am not comfortable with certain things. I understand that these things help him out, but there are things that I like too that he seems to be forgetting. How do I bring this up without sounding like a prude or a bitch?

Uncomfortable

Dear Uncomfortable: It is hard sometimes to talk to your lover about things like this. Finding a time is hard. Maybe before or after are the best times. Mention that you are not comfortable doing certain acts or positions and explain why. If your lover cares about you in any way he will listen and will reconsider asking you to do these things. Maybe even swing a deal. If there are things you want done that are being left undone, mention that you will do X, if he will do Y for you. Sex should be a natural act that both partners feel extremely comfortable doing. If you don't like something, don't do it. He will understand. And if he doesn't, then too bad. It is your choice on what you do and he does to your body. He cannot force you to do anything you do not want to do and you should not feel obliged to do so anyway. In my experience, most guys will understand no matter how much they like these certain things. And if you are talking about what I think, and he insists that you do it, just mention that you could easily bite down at anytime and fix the problem.

Dear Dharma: I am a guy and I am a virgin. My problem is that a few guys on my floor just found out and have decided to broadcast it to everyone they know. Everyone is making fun of me and I don't want to even bring my new girlfriend up to the floor for fear that they will say something to embarrass me. Why is it such a big deal to these guys and why are they being such jerks now?

Pure

Dear Pure: I applaud you on keeping your innocence, but you have to remember that guys and girls will see virginity completely different. Guys see it as a badge of honor to let everyone know their sexual past. When they find out that someone has no real past in the ways of sex, it is in their blood to lash out and make fun of that person. One thing you will have to remember is that most of these guys have gone through the same thing. That gives them no right to do the same thing to you, but in their little minds they see some sort of relevance. Another thing that I will bet you is that some of the guys that are making fun of you are probably virgins themselves. Do you really think that you are the only one? I know it may feel that way when you hear them talking, but that is all it is, just talk. Most of these guys have Playboys under their mattresses, get excited when a girl brushes by them, and are more worried about being caught alone by their roommates than when they are going to score again. I don't know what else to tell you but keep your head high and don't let these ignorant boys make you feel different. And if you have to, mention to them that you saw what they were doing the other night when they thought they were alone. They will be paranoid for months!

Dear Dharma: My boyfriend is so insensitive! We live together and I've always said that even though we live together our school and ambitions come first. Well, I guess that somewhere along the way I got caught up in love and I put him first. He's decided that if I stay here for my fourth year of school and he gets an opportunity somewhere else, he'll go. I decided a while ago that long distance relationships are too much for me to deal with and that I'm not going through that again. Am I wasting my time? What can I do or think to put myself at rest?

Wasted Youth

Dear Wasted Youth: Have you ever mentioned to him that you changed your outlook on things? If you have always said that your school and ambitions come first, then that is probably how he thinks you feel too. Ask yourself this question. Would you feel right if he didn't take a great opportunity because he felt that he should give it up for you? Would you want to stand in his way, or would you want him to stand in your way if you were given an opportunity that would separate you and him. If you are in love, but are not willing to try a long distance relationship, then you need to learn to be a little open minded. Love can be a very good thing, but also a very strange force that can alter lives for the good or bad. Not to be cruel (or side with the guy) but you sound a little insensitive thinking that his whole life will change and revolve around yours. Cherish what you have right now, but if you feel you are wasting your time in this relationship, then maybe it is you who needs to do a little rethinking.

ENTERTAINMENT TRIVIA #14



By correctly answering this question you can win a CD prize package including the new CD's from new Universal Recording artists **Fluorescein** and **Jonatha Brooke**.



Question - What are the five nicknames/names for the Spice Girls (i.e. Sleepy Spice...)

Answer: _____

Name: _____

Student Number: _____

Phone Number: _____

All entries must be received by 1pm on Tuesday, January 27. Drop off completed entries to the Lambda office above the Student Centre at SCE 301. Winner will be contacted by phone and their name will be printed in the next issue.

Last Weeks Winner: Thomas Keckes who answered that John Belushi died of a drug overdose.

The Arena

Ever wished that two people would just SNAP and start beating the living tar out of one another? Well, in The Arena, they do. This column is a hypothetical battle between two people we wish would get inexplicably and incredibly violent. You get to vote on the winner, and the winner/s will be announced in the following week. Just drop off your votes at the Lambda office at SCE 301. Let the games begin...

This weeks Main Event:



The Spice Girls, each armed with a bottle of Old Spice and a half dozen empty Pepsi Cans VS.

The three brothers from Hanson (not to be confused with the Hanson Bros.), each armed with three driving range golf balls and a two-month-old loaf of bread.



The battle is to take place in the mall food court, around 11am on a Sunday.

See next week for the winner!!!

Art Gallery Of Sudbury Announcements

Before the Land: Behind the Camera

January 15 - February 22, 1998

The Art Gallery of Sudbury presents a beautiful, haunting and sometimes disturbing collection of landscape photographs from the Canadian Museum of Contemporary Photography's permanent collection, as well as works borrowed from individuals and institutions across Canada.

Featuring the works of twenty-three Canadian photographers, this exhibition focuses on current issues relating to landscape photography and emphasizes the philosophical and technical approaches of the photographers. For some photographers, nature and landscape are portrayed as places of retreat, refuge or renewal, while others may question and evaluate the concept of nature as an enduring, powerful force in the face of technology.

Guided group tours of the exhibition can be booked by calling Joseph Dunn at 674-3271.

The Bell Mansion: Sudbury's Home for the Arts

February 26 - March 29, 1998

March 1998 marks the thirtieth anniversary of the opening of the Art Gallery of Sudbury. To celebrate its presence and longevity in the community, a selection of works from the Permanent Collection will be featured in all galleries.

Reception

Thursday, February 26, 7p.m.

Please join us at the opening reception of the exhibition *The Bell Mansion: Sudbury's Home for the Arts*.

30th Anniversary Birthday Gala

March 28

The Board of Directors invites the Sudbury community to celebrate the 30th anniversary of the opening of the Art Gallery of Sudbury. Only 250 tickets at a cost of \$100 each will be available for this celebration/fundraiser. When you purchase a ticket to the event, your name will be included in a draw for a cultural weekend in New York City, with airfare and accommodations for two. Reserve your ticket now by calling Michelle at 675-4871.

Children's Workshops

The Art Gallery of Sudbury is currently organizing a program of art workshops for children. The proposed Saturday Studio instruction will involve classes in drawing, painting and an introduction to colour and composition. If you are interested in offering suggestions in regard to the scheduling, age group, and focus of these classes, please contact our Education/Gallery Coordinator, Joseph Dunn at 674-3271.

Cultural Excursion to Amsterdam

The Art Gallery of Sudbury and Northwood Travel are planning a cultural excursion to Amsterdam from April 16 to 25, 1998. Interested individuals are asked to contact Helga St. Pierre at Northwood Travel, 564-9689 for additional information. A portion of the proceeds from this excursion will benefit the Art Gallery of Sudbury.

Gallery Hours Tuesday to Sunday 12 - 5 p.m.

Thursday evenings until 8p.m.

Mornings by appointment.

Wolves Among Sheep (Ignorance, Dear Friends and Other Drinking Hazards)

by Nick Stewart

Contributor

Bets, tricks and scams have always been an important part of the bar/drinking/getting loaded and hwarfing on your shoes experience. You'll find 'em in just about any bar, where of course there's always that one person who just can't seem to win a single bet. Don't be that person...read on. There's always money to be won in bars either from stranger, acquaintances, or best of all, from dear friends. If it doesn't go into YOUR pocket, it'll go into someone else's. Each week this column will present a different trick or bet you can pull on some unsuspecting sucker. That's right, you can be the wolf among the sheep. Do it for the satisfaction of having pulled one over on someone...or for a few bucks, a free drink, or whatever your heart desires. Just remember the words of P.T. Barnum, "There's a sucker born every minute."

*All you need:

- a pool table
- a cue
- three pool balls
- a cue ball
- a sucker

*Put two balls against the far end of the rail of the pool table and "prop" another ball on top of these two, forming a pyramid with the top ball sitting up on them. Bet the sucker that you can shoot the cue ball from the other end and hit the top ball without touching the other two balls. After the sucker has agreed, shoot the cue ball slowly towards the other end, and while the cue ball is rolling, HIT your end of the table hard with you hand or hip, causing the two balls to roll off/out and the top ball falls to the table, allowing the cue ball to strike it.

P.S. I and Lambda Publications will not be held responsible for any broken bones or ruined lives as a result of this column. Perform at your own risk.



Nickstradamus

by Nick Stewart

Contributor

What with the year 2000 approaching, and finding ourselves presently on the edge of a new year, Nostradamus' prophecies have been taken more and more seriously. Deciding to hop on the prophecy bandwagon, I have made my own predictions, certainly at least as accurate and specific as Nostradamus' own...

1. I predict that fungal growths will continue to be unpopular.
2. I predict that some American government official will be found to have a massive drinking problem.
3. I predict the Jays will not win the World Series.
4. I predict that Hollywood will make some stupid-ass movie based on some old stupid-assed 60's TV series.
5. I predict that a formless blob known as Quag will emerge from my lower intestine and terrorize the countryside.
6. I predict that Mat Thompson will die of a Kraft Dinner overdose.
7. I predict that the letter Z will rise in popularity and will run for Prime Minister during the next federal elections.
8. I predict the lost continent of Atlantis will rise from the ocean and teach the world to play naked co-ed full-contact golf.
9. I predict that money will cease to be the basis for the global economy, and international currency will become based n gall stones and wiener schnitzels.
10. I predict that all the appliances in the world will revolt against their fleshy masters and create an electric totalitarian regime.
11. I predict that the face of God will appear in a bag of pork rinds somewhere in Mexico.
12. I predict a band of cultists will begin to worship the color blue and will attempt to achieve spiritual enlightenment through the ritualistic killing of malnourished, rectumless insurance salesmen.
13. I predict that the Three-Headed Monkey of Shahazabad will strike terror and fear into the hearts of the world with it's never ending speeches on the value of peat moss.
14. I predict that SPAM IS PEOPLE!!! YOU'RE EATING PEOPLE!!!
15. I predict that nobody will give a damn about these predictions...

A Million and One Uses for a Chocolate Chip Muffin

by Nick Stewart

Contributor

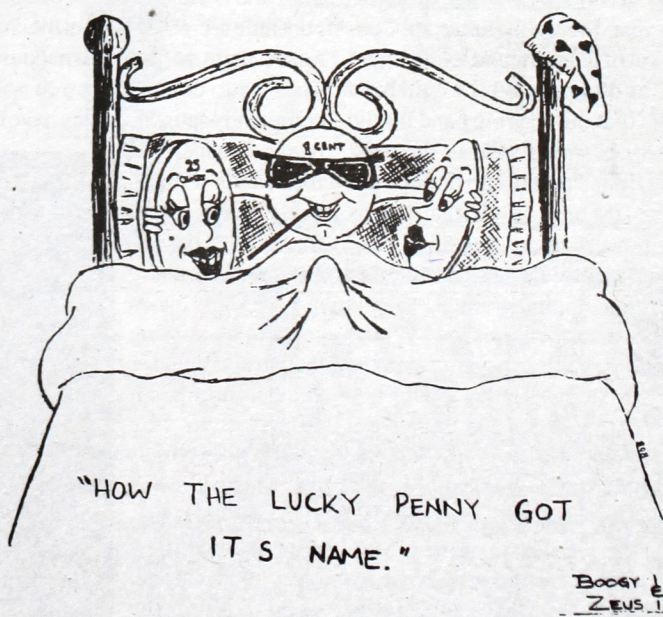
Ever find yourself sitting in the Great Hall, in the Student Centre, or in class with nothing to do? Want some cheap entertainment? You'd be surprised at the amount of uses a simple chocolate chip muffin has. Weird? Maybe. Entertaining? Could be. Mindless? Absolutely.

Use #19573: Ram your pens/pencils into the "head" of the muffin for a makeshift pencil-holder.

Use #103: Rip off chunks and line them up around your desktop/table/plate, and loudly exclaim "I claim this land for Spain!" and menacingly brandish the remains of your muffin at anyone who gets too close.

Use #482924: Draw a face on the "head" of the muffin and talk to it. After a while, get into a screaming argument with it and toss it across the room. If asked, tell people that "He/She just never listens anymore!"

FUN WITH ENGLISH...



LEND ME AN EAR

Reviews by Mat Thompson, Entertainment Editor.



Gratitude - Purple City

Gratitude released its first independent 4-song demo in the beginning of 1995, and they have now just released their latest EP entitled *Purple City*. The band is the only Canadian band on review this week and hail from Toronto.

The sound is a more mellow, toned down alternative sound that is easy to listen to. They mix their catchy melodies and acoustic brightness with a range of hard-driving rhythms that is sure to please most listeners. With only six songs on the *Purple City* EP, you have to wonder what else these guys have in store. They use many different influences, melding them together to make a somewhat unique

sound different from their early days of thrash rock. In my experience, and in this case, it is sometimes the harder rockers that make an impact with a mellower, more laid back sound.

Gratitude is on tour now promoting the new EP. I don't know how available *Purple City* will be, but watch for their live show in town hopefully soon and check them out.



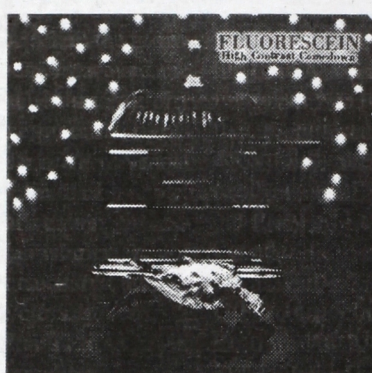
Curve - Chinese Burn EP

Curve has re-entered the music scene after a long break with a new EP called *Chinese Burn*. This British electronic/dance group has a new album set for release early this year, but *Chinese Burn* gives you a taste of what they are really about.

Basically picture the Chemical Brothers or Prodigy and you have Curve. They are hard core electronic with a bass that never stops. *Chinese Burn* is a pretty good EP, but

do we really need to hear six versions of the same song, remixed by different people? It is almost forty non-stop minutes of the same damn thing! Sure, the song is remixed by Lunatic Calm, Headcase, Medipac, Witchman, Steve Osborne, and Paul Van Dyk, but after hearing the original 4:26 version, you really don't care about the remixes.

If you are a DJ and looking for a great electronica disk, this probably has more than you could ask for, but for a person listening to this album at home, it just won't have much of an impact. Listen for Curve at the bars and clubs, but unless you want to recreate the sound of your favorite club in your own home, this EP is best left on the shelves.



Fluorescein - High Contrast Comedown

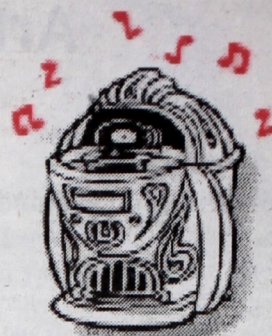
Another new band with a lead singer writing about personal experi-

ences claiming that the album is "raw and emotionally charged". Well, the songs do have a little depth to them, but in more of a comical way than anything.

Fluorescein really just sounds like an alterna/glam group, going through the motions of alternativeness, but never really grasping the concept that alternative means to do something different, something new. They try, but they just sound like Collective Soul and bands like that. No real depth or raw edges.

The songs cover some strange tales like the arrogant highschool jock, worship, innocence lost, and a lot of drugs. At least five songs on the album concern the tale of addiction or some sort of drug. Woo hoo, it's alternative, it's new, it's five in the morning and I am sick of listening to crappy music! This album does have some good points like I have mentioned, but once again, there is nothing new here to get overly excited about. Just listening to the words of the song you have to chuckle to yourself and think "I could do this. Why am I wasting my time at university when I could be writing songs about my experiences on pot and crank?"

The album, *High Contrast Comedown*, is in stores now, but be cautious and remember this review before you pick it up. You'll probably thank me.



Jonatha Brooke - 10c Wings

According to her artist biography, Jonatha Brooke "alone for ten days last winter, in a cottage by the raging Atlantic... wrote most of the album's songs". All alone in bad weather, writing music on her guitar about lost loves and all the hardships she went through. Another casualty of the I think I'm Jewel syndrome. Almost every song on this album can be matched with a song from either Jewel or Fiona Apple's albums. Her songs are strange with the depth of a wading pool and the intensity of a breeze.

If you want to hear yet another struggling Jewel prospect, then maybe you will like this album, but I don't recommend it in the least.



The Pursuit of Happiness and The Skydiggers couldn't do it. Rusty couldn't either. Even the gods of Canadian punk, The Headstones, failed. In what seems like a dwindling year for the Laurentian Concerts, out of the snow and ice emerged The Gandharvas. Who would have thought that the opening band for the Headstones would sell out the pub? Hugh Dillon couldn't do it, but Paul Jago and the boys proved that there is a new powerhouse in town.

If you could not get in to the concert on Saturday night, that is probably because it was sold out fifteen minutes after they opened the doors. 240 students got in and the rest were left to wonder and hope for a return show. Was it worth it? Ask anyone who was there and they would tell you an enthusiastic "Hell yes!"

The show opened with Sudbury's own Greenhorn. I have reviewed these guys before when they



have played the Townhouse, but they seemed to have that extra something playing in front of a Laurentian crowd. They are great. Mixing a lot of their own material in with some great, but strange covers. I have heard them cover many bands in the past, but what the hell were they thinking on Saturday? Michael Jackson's Beat It was their closing song. Was it done for shock value or were they serious closet Jackson fans? No one will ever truly know. All I can say for this band is they are one of Sudbury's cool little secrets. If you get the chance to see them at The Townhouse or The Grotto or anywhere you will be completely satisfied. They have been better than many of the bands I have seen them open for.... with the exception of this night.

Many bands seem to be missing that certain sound or enthusiasm when it comes to a live show. Sometimes the band just seems to be playing something totally different from what you know, but the

Gandharvas are just as good, or even better, live than they are on disk. I'll admit that I have never heard of these guys before I received their latest disk, *Sold For A Smile*, for review early this year. Bands come and go across the entertainment desk, but this is one of those disks that that is a permanent part of my CD collection. It is amazing the talent that is out there that you never even hear before going away to university. I come from Samia and all the radio stations we listen to are from Detroit so Canadian content like The Headstones, Gandharvas, Red, Great Big Sea and others are non-existent. It's to bad because bands like these have so much more to give than

most American flash-in-the-pan bands.

A few months ago now I was guaranteed by the band Red that if I saw The Gandharvas live that it would be one of the best shows I would ever see. That was a pretty big guarantee from another Canadian band that is trying to bet the recognition they also deserve in the music business, but I remembered what they said, and when this concert came up, I was excited.

The show was pure rock from the start. The Gandharvas claim to be "not mainstream" which is a great way to explain the band and show. They played to the crowd mixing

their sounds and songs from past albums (*A Soap Bubble and Inertia & Kicking in the Water*) with the newly updated Gandharvas. New hits like *Downtime*, *Watching the Girl* and *Into the Mainstream* pumped the crowd up and got them moving, but the older songs



(which I can't name) seemed to be the ones that the fans wanted. People all around me were yelling out titles they wanted to hear and singing along with ever song performed. The crowd loved it and showed it. I was even kicked by some girl whose view I was blocking trying to get pictures for this article. Maybe next time I will get a telephoto lens and some shin guards to be safe.

For those of you out there who think that the concerts at Laurentian suck, you must not be going to any of them. The Gandharvas have proven that LU loves a party. If this is the type of stuff you want to see and hear, make sure we know so the next concert can be as good or better than the last. The Gandharvas ruled and in the future there will be even more great acts. And just between you and me, sources tell me there is a real Party coming to LU in the next few months!

ANNOUNCEMENTS

Friday, January 23: The German section of the department of Modern Languages will show the movie *Wenn der Vater mit dem Sohne*, featuring Heinz Ruehmann, at 7 p.m. in C309. The movie will be presented in German only (without subtitles). Admission is free and everyone is welcome. Info: ext. 4360.

Saturday, January 24: A Unity Gathering, hosted by the Baha'i Community, will be held at 7:30 p.m. in the Thorneloe Chapel. The theme "Why Religion?" will be presented by the keynote speaker/facilitator, Valerie Senyk. This event is part of Ecumenical Week which is being held from January 18 to 25. Info: 673-5661.

Friday, January 30: The deadline for submitting the actual proposal or the poster (title and résumé). The "Journée du savoir", sponsored by l'ACFAS-Sudbury and LU, will be held on Friday, March 20. Info: Yvan Morin, ext. 1038.

Sunday, February 8: As part of the Huntington Recital Series, Northern Brass and the Sudbury Symphony Quartet, together will present a concert of classic and popular favorites at 3 p.m. in the Fraser Auditorium. Info: 673-4126, ext. 1512, 214, or 1510.

Monday, February 23: INORD invites applicants from LU graduate students for Graduate Research Grants to support social scientific research on Northern Ontario. The 23rd is the deadline for submissions. Info: ext. 3212.

Monday, March 9 to Friday, March 13: The garderie Touche-à-tout (Daycare Centre) is offering ski lessons in collaboration with Adanac Ski Hill during the March Break. Music lessons, in collaboration with the Arc-en-ciel program, and a winter carnival, animated by the staff, will also be offered from Monday, March 16 to Friday, March 20. Info: ext. 5030.

ANNONCES

vendredi le 23 janvier: La section allemande du département des langues modernes présente, à 19 h, à la salle C309, le film intitulé <<Wenn der Vater mit dem Sohne>>, mettant en vedette Heinz Ruehmann. Le film sera présenté en allemand seulement (sans sous-titres). Info: poste 4360.

samedi le 24 janvier: Une rencontre d'unité, animée par la communauté Baha'i de Sudbury, à 19 h 30, à la Chapelle de Thorneloe. La conférence, intitulée <<Pourquoi la religion?>>, sera présentée par Valerie Senyk. Cet événement fait partie de la semaine oecuménique, qui a lieu du 18 au 24 janvier. Info: 673-5661.

vendredi le 30 janvier: La Journée du savoir, organisée en vue de favoriser la diffusion de la culture scientifique d'expression française et parrainée par l'ACFAS-Sudbury et l'UL, aura lieu le vendredi 20 mars. Toutes propositions de communication ou d'affiche (titre et résumé) doivent être soumises avant cette date. Info: Yvan Morin, poste 1038.

dimanche le 8 février: Dans le cadre de la série de récitals de l'U de Huntington, Northern Brass, de concert avec le Sudbury Symphony Quartet, présente un concert de musique classique et populaire à 15 h, à l'auditorium Fraser. Info: 673-4126, poste 1512, 214 ou 1510.

lundi le 23 février: L'INORD invite les étudiants inscrits aux études supérieures à l'UL qui font des recherches en sciences humaines sur le Nord de l'Ontario, à poser leur candidature pour obtenir une subvention de recherche. Les formulaires de demande sont disponibles au bureau de l'INORD, (salle A313).

lundi le 9 mars au vendredi le 13 mars: Pendant le congé de mars, la garderie Touche-à-tout offre des leçons de ski, en collaboration avec Adanac Ski Hill. En collaboration avec le programme Arc-en-ciel, des leçons de musique et un carnaval d'hiver, animé par le personnel de la garderie, seront offerts à compter du lundi le 16 mars jusqu'au vendredi le 20 mars. Info: poste 5030.

Jobs, Jobs, Jobs

by Charles Fink
Student Assistant
Placement Centre

Now that exams, Christmas, and New Year's have come and gone, it's time to think ahead to the summer. Now is the perfect time to dust off your resume, update your CV, and prepare to look for that perfect summer job.

The Placement Centre is happy to inform you that many summer job offers have started to come in and are posted outside the office on the second floor of the Parker Building. These jobs include positions in Information, Camp Counseling and Programming, Mining, Recreation, Engineering, Tree Planting, and more...

For graduating students, many jobs in many fields are posted outside the office and on LOCALNEWS under lu.placement,centre.jobs.

We invite you to drop in and see us. New jobs from all over Ontario are posted every day. We look forward to working with you.

Good luck!

Happy New Year from LOCS

LOCS has decided to begin the new year on a different foot. The club's new year's resolution is to restructure in order to better serve its members in the future. While there will be fundraising events, the main objective in 1998 is to reorganize. It is for this reason that LOCS is not playing a very active role in any intramural sports.

This is not an easy task and it cannot be done by the executive and council alone. In the next few weeks, past presidents of the club will be contacted for advice. At the same time, LOCS urges all off campus students to share their views about the club as well as their expectations with the executive and council. A suggestion box has been set up in the SGA and AEF offices. These suggestions will be taken into serious consideration and will remain confidential.

Meanwhile, keep your eyes and ears open for future LOCS events and have a happy new year!

Association for Ethical Banking Standards

The Association for Ethical Banking Standards has been formed in direct response to the issue of bank accountability. The Association will undertake measures to pursue bank reform. And in this regard, will address banking grievances from those who have not obtained a satisfactory solution from their banking institution. You can make a difference. Together we can change. For membership, please leave message by E-mail. For monetary support, please make donations to the T-D Bank, 54 Durham St. Sudbury, Ontario. 37122-004 #109083

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SGA
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CHIEF RETURNING OFFICER REQUIRED

Nominations for the position of

CHIEF RETURNING OFFICER (CRO)

for the upcoming SGA general elections. Nominations will be accepted at the SGA office SCE212 from January 7 to January 28, 1998 at 4:00pm.

Must be an SGA member and letter of intent addressed to Mike Grube, President.

For more information call 673-6547.

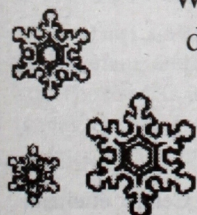
STOP
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FREEZE FEES NOW!
NATIONAL
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JANUARY 28, 1998

Canadian Federation of Students

Hey Everybody! Here's the latest word on Carny. The entertainment is booked and the program will be available soon. Like we mentioned, all the events are Free for SGA/AGE member!!! Don't you love that?! We're looking for major participation so leave these days open and prepare yourself for a great time!!! Keep your eyes and ears open 'cause next week we'll be announcing the entertainment!!! Watch out for those penguins!!!

SGA
AGE





La nuit sur l'étang

L'équipe organisatrice de la 25e Nuit sur l'étang invite la communauté franco-ontarienne à soumettre des candidatures pour les prix qui seront décernés lors du Gala de La Nuit sur l'étang 1998. Cette soirée, qui s'annonce pleine de retrouvailles et de souvenirs puisqu'elle viendra souligner les 25 années du festival, sera remplie de surprises pour les heureux lauréats des Prix du Nouvel-Ontario, Prix de la Nuit et Prix de l'Université Laurentienne. Le Gala aura lieu le vendredi 6 mars 1998 à l'Université Laurentienne de Sudbury. Vous trouverez ci-dessous une description plus complète des divers prix.

Le prix du Nouvel-Ontario

Pour la seizième année consécutive, nous remettons cet illustre prix à un artiste francophone de l'Ontario. Ce prix d'excellence en arts et en lettres vient souligner une contribution significative dans les domaines de la création artistique de tous genres. Le prix a pour objectif de couronner une carrière artistique d'envergure. On utilisera les critères suivants pour déterminer le lauréat, la qualité, l'originalité de l'oeuvre et l'impact que cette oeuvre a eu sur la communauté. On évaluera aussi l'artiste, son leadership, son engagement envers la communauté et sa contribution à la fois artistique et communautaire. Le gagnant ou la gagnante recevra le célèbre trophée de la Trille.

Processus de sélection:

1. Mise en candidature par le public: on invite la communauté à nous présenter des candidats pour le prix. Pour présenter un candidat ou une candidate, veuillez soumettre une lettre expliquant votre choix pour le prix et, si possible, un dossier (curriculum vitae, lettres d'appui) afin de faire valoir votre sélection auprès du jury.
2. Sélection par un jury des pairs. Le jury analyse les dossiers (qui auront été complétés au besoin) et choisit le lauréat en fonction des critères ci-dessous.

Prix de la Nuit sur l'étang, le prix de l'artiste ou du groupe de l'année

Ce prix sera décerné à un artiste ou un groupe franco-ontarien oeuvrant dans le domaine de la musique (en français) qui s'est illustré sur la scène provinciale, nationale, voire même internationale durant l'année 1997. Le prix souligne aussi la contribution à la communauté franco-ontarienne et l'implication à des activités reliées à l'industrie musicale en Ontario français. On évaluera les dossiers à l'aide des critères suivants: qualité du produit artistique, production de disque, de vidéoclips, de spectacles, de critères suivants: qualité du produit artistique et contribution au développement de la relève.

Processus de sélection:

1. Mise en candidature par le public. Si un groupe ou un artiste reçoit plus de 10 votes, il sera automatiquement placé sur la liste courte. Le public peut soumettre des noms par téléphone, par courrier, par courrier électronique, par télécopie.
2. Evaluation des artistes figurant sur la liste courte par un jury. Sélection en fonction de critères.

Prix de l'université Laurentienne, le prix de la relève

L'Université Laurentienne, partenaire fondateur de la Nuit sur l'étang, est heureuse de présenter à nouveau le prix destiné à un groupe ou à un artiste de la relève. Ce prix d'une valeur de 500 \$ sera remis pour une deuxième année; l'année dernière, le groupe Les Chaizes muzikales a obtenu cette bourse qui veut souligner le travail d'un artiste ou d'un groupe de la relève au cours de l'année dans le domaine de la chanson et de la musique francophones en Ontario.

- Pour être éligible, le groupe ou l'artiste doit:
- être actif dans l'industrie au cours de l'année 1997;
 - contribuer à l'industrie de façon positive;
 - faire la preuve qu'il désire apprendre et perfectionner son art'
 - présenter un produit artistique musical original et en français.

Saluting Canadian Innovation

Do you have a bright idea that's being put to use in Canada? Know of anyone else who has? If so, the Ernest C. Manning Awards Foundation wants to hear from you. The Manning Awards have been recognizing flashes of Canadian brilliance for over 14 years, with awards ranging from the \$5,000 Innovation Award to the \$100,000 Principal Award. So regardless of how big or small your innovations (the IMAX film system was invented by a Canadian, as was the zipper), we encourage you to submit them. And who knows, we may just be able to brighten up your day.

Nominations close annually on February 15, or the following business day. To receive a nomination form or more information, call or write The Manning Awards, 3900, 421 7th Avenue S.W., Calgary, Alberta, T2P 4K9. Telephone: (403) 266-7571. Internet: <http://www.manningawards.ca>



Northern Prospects Poetry Party

On Friday, January 30, at 8:00 p.m., at the Art Gallery of Sudbury on John Street, poetry lovers will have the opportunity to hear some of our best northeastern Ontario poets read their work. Your Scrivener Press is hosting a poetry party to celebrate the winners of its recent Northern Prospects poetry contest: Lorraine Janzen and Laurie Kruk of North Bay, Robert Dickson of Sudbury, and Tony Armstrong of Val Caron. Also reading will be Sudbury's Roger Nash, who judged the contest, and whose work recently appeared in *Uncivilizing*, an *Insomniac Press* anthology. In addition to the winners, 11 other poets from around the northeast will be published in September 1998 in a Your Scrivener Press anthology called *Northern Prospects*. Some of these contributors will strut their stuff at the Art Gallery as well.

Your Scrivener Press hopes the poetry party will kick off a series of smaller, one or two poet Northern Prospects events leading up to the fall official launchings.

Tom Gerry and Marcel Roy will provide music to punctuate the poetry, and light refreshments will be available. While admission is free, there will be a busker collection. Books by readers will be available for purchase and signing.

For further information, call Laurence Steven at Your Scrivener Press 522-5126.

SGA
AGE

POSTE À COMBLER PRÉSIDENT(E) D'ÉLECTIONS

Les nominations pour le poste du

PRÉSIDENT(E) D'ÉLECTIONS

pour les prochaines élections de l'AGE
seront acceptées du 7 janvier au 28
janvier 1998 à 16h00 au bureau de
l'AGE, salle SCE212..

Les candidat(e)s doivent être membres
de l'AGE. Faites parvenir une lettre
d'intention à Mike Grube, Président.

Pour plus d'information

composez le 673-6547



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IMPORTANT

NOMINATIONS FOR THE SGA GENERAL ELECTIONS will be open

Thursday, January 29, 1998 at 9:00 am to
Wednesday February 12, 1998 at 4:00pm

More information can be obtained at the SGA office Student Centre room SCE212.

SGA
AGE

LES MISES EN CANDIDATURE POUR LES ÉLECTIONS GÉNÉRALES DE L'AGE

seront ouverts du

Jeudi le 29 janvier, 1998 à 9h00 au
Mercredi le 12 février, 1998 à 16h00

Plus de renseignements sont disponibles au bureau de l'AGE, salle SCE 212 au Centre étudiant.

Voyaging in the New Year



Home

-Queen's Golden Gaels will be at Laurentian to take on the Lady Vees on Saturday the 24th at 6:00pm.

-Queen's Golden Gaels will be at Laurentian to take on the Voyageurs on Saturday the 24th at 8:00pm

Away

-The Hockey team will be traveling to Queens University on Friday the 23rd, then to RMC on Saturday the 24th

-The volleyball team will be traveling to York to take on the Yeoman on Saturday the 24th, then they play York again on Sunday.

Lady Vees cause more havoc in Montreal

The Laurentian University Lady Vees improve their perfect record to 7-0 with a 64-50 win over Concordia Friday January 16th, 1998. Due to the ice storms in Montreal, all games this weekend for the Lady Vees were played at McGill University. Leading the team were Stephanie Harrison and Joy McNichol, each with 12 points, as well as Shauna Conway and Tanya Tatti, both with 11 points. This game marked the return of fifth year veteran Joy McNichol, who has been out since the middle of last season with a shoulder injury.

The Laurentian Lady Vees continued their road success Saturday when they defeated the McGill Marlets by a final score of 75-57. Leading the Vees in scoring were Joy McNichol with 12 points, Stephanie Harrison with 18 points, and Shelley Dewar with 14.

The Lady Vees will be in action again Saturday, January 24, 1998 when they will host the Queen's Golden Gaels at 6:00pm in the Ben Avery Gymnasium.

Voyageurs win two close games in Montreal

The Laurentian Voyageurs improved their record to 6-1 on Friday, with a win over the Concordia Stingers 91-80. Due to the ice storms in Montreal, all games for the Voyageurs were played at McGill University. Leading the team were: Ted Dongelmans with 24 points, Kevin Gordon with 19 points.

Then it was off to McGill, the Voyageurs took the win by a final score of 69-63. Leading scorers for the Vees were Cory Bailey with 17 points, Clifton Edwards with 15 points, and Roan Briggs and Kevin Gordon both with 13. Player of the game was Anthony Malcom, who played 35 minutes and had 2 points. Next action for the Voyageurs is Saturday, January 24, when they host the Queen's Golden Gaels at 8:00pm in the Ben Avery Gymnasium.

Free Skate

For All L.U. Students and Faculty

The Laurentian Intramural Program is extending an invitation to all students and faculty in a Free Skate occurring on February 1st and 8th. The Free Skate will run from 9:30pm to 11:30pm. Registration in the Department of Active Living (Ext 1018) is open until Monday January 26th or until full. There is no cost. Maximum 60 people.

Medical Science and common sense Battle Spinal Injuries

by Darryl Osborne
The Muse

ST. JOHN'S (CUP) — Troy is an 18-year-old junior hockey player taking part in his first Memorial Cup. National Hockey League scouts are scattered throughout the capacity crowd. Troy knows that if he has a strong game and impresses them, he could dramatically increase his chances of being drafted and becoming an instant millionaire at next summer's NHL entry draft.

With less than a minute left in regulation time and the game tied at three, Troy finds himself slightly ahead of an opposing player as he races to try and prevent his team from getting called for icing the puck. Just before he touches the puck, the opposing player places his stick between Troy's skates, causing him to trip and slide face-first into the boards.

Troy lies motionless for several minutes. He keeps saying that he cannot feel his arms or legs. As the minutes continue to pass with no sign of movement, a hush falls over the once-boisterous crowd and players from both teams, with grave concern, surround the young man. His spine has been damaged. In one split second Troy has gone from a budding NHL superstar to a quadriplegic.

Each year in Canada, hundreds of athletes fall victim to debilitating spinal cord injuries. While medical advances and new technologies promise hope for spinal cord patients, the best defence against a life confined to a wheelchair are common sense and fair play.

According to Charles Tatter, a neurosurgeon who teaches at the University of Toronto, approximately 20 per cent of all spinal cord injuries suffered in Canada are sports-related, and 85 per cent of those victims are males between the ages of 18 and 24. The results of an injury to the spinal cord are often devastating, leaving people paraplegic or quadriplegic.

Paraplegia is a paralysis of the lower extremities and part or all of the trunk muscles. There is often a loss of sensation in paralysed limbs as well as muscle spasms, pain and loss of bowel and bladder control. Quadriplegia occurs when there is damage to the spinal cord in the upper back or neck region. Such injuries often cause impairment to the hands and arms in addition to the effects associated with paraplegia.

When a person suffers a spinal cord injury, they may sustain a complete or incomplete injury. A complete injury occurs when the victim cannot move his or her body beyond the point of damage; people with an incomplete injury maintain limited function in the affected body parts.

There have been medical advances that can minimize the amount of permanent damage caused by a spinal injury. The drug methylprednisone provides neuroprotection, increases blood flow and prevents calcium build up within the victim. It must, however, be administered within eight hours of the injury if it is to be effective. And the drug does have substantial side effects.

"The rate of serious infection is significantly higher. In fact, it doubles," explains Michael Fehlings, associate professor of



neurosurgery at the University of Toronto. "But we accept that as a worthwhile trade-off because [methylprednisone] results in improved function of nerve cells."

There have also been advances in rehabilitation for spinal cord injury victims, partly as a result of early treatments like methylprednisone.

"Rehabilitation for people is becoming increasingly complex. The reason for that is that some of the acute management is having a positive effect," Molly Varrier, chairperson of rehabilitation sciences at the University of Toronto, says. "We are finding that people are having increased movement, but at the same time also having increased muscle tone and spasticity."

Halo stabilization is one of the more recent improvements to the rehabilitation process for spinal injury patients. It involves the placement of a ring on the patient's head, which is then attached with screws to cross bars connected to a vest. The halo allows victims of spinal cord injuries to become mobile at a much faster rate.

There have also been substantial improvements made to the protective value of sports equipment, but Fehlings cautions that there is no one piece of equipment that will fully protect against a neck injury.

"[Kids] are trying to emulate the NHL players. They have their helmet and face-mask, they look like Arnold Schwarzenegger, yet they have these tiny neck muscles and there is hitting from behind," he said.

This reality has led to the creation of an innovative program in the Novice Windsor Minor Hockey Association (NWMHA), which aims to prevent spinal injuries by discouraging hitting from

behind.

All players, parents and coaches involved with the league are now required to sign a Fair Play Pledge, which prohibits players from hitting others from behind. In addition, all players must wear a three-inch STOP sign on the back of their jerseys.

Despite the fact that the age of players in the NWMHA ranges from four to nine, rules concerning hitting from behind are strictly enforced, says Kevin Stubbington, vice-president of the league and co-creator of the Safety Toward Other Players (STOP) program.

"We suspend our players for three games if they are caught pushing or shoving from behind. If they do it again I cut them a check and send them home, they're done for the rest of the year. I don't want them in hockey if they can't play the game properly," Stubbington said.

Since the STOP program was introduced three years ago, 4,000 minor league hockey players in Windsor have stitched the STOP crest on their uniforms. Penalties for hitting from behind are rare, and not one player has suffered a spinal cord injury.

Stubbington says he wants to see the program implemented widely.

"My goal is to see a STOP sign on every player," he asserted.

But Stubbington says he can't understand why the STOP signs are not more widely used.

"A lot of leagues have [adopted] the program, but those that haven't are probably sitting back waiting for some numbers, waiting for a graph, waiting for some results. All the time they are doing that there are kids out there getting hurt every day."

There is currently no cure for spinal injuries — prevention remains the best cure. But advances in nerve regeneration research are providing hope. Tatter says he is optimistic about the possibility of regeneration of the human spinal cord in the not-so-distant future.

"There are several strategies that now work with animals.... [F]or example, we can transplant a piece of the spinal cord from one animal into another animal and have it actually grow, or we can take a nerve graft and place it in the gap of a spinal cord injury and the nerve graft will hook up with the stumps of the injured spinal cord," Tatter explains.

He adds that it is not unrealistic to think it will be available to injury victims by the turn of the century.

But for now, play it safe!.

CALL 673-6547

GET INVOLVED!

Canadian Federation of Students

Dr.Jay's Workout Tips

How high should you raise your arms when doing front or lateral arm raises? If you're like the majority of bodybuilders and athletes who do these exercises, you'll probably answer, "To the level position," that is, where the arms are parallel to the floor.

The reason for such execution is based on the supposed prevention of shoulder impingement, which is usually characterized by pain in the shoulder when the upper-arm bone (humerus) jams in the shoulder joint and pinches a nerve. However, shoulder impingement can occur only when a malfunction of the muscles or some other problem already exists in the shoulder joint. The mere act of raising your arms from directly up in front of or from the side of the body to a completely overhead position does not by itself cause shoulder impingement.

In fact, if you closely examine the muscle involvement in these exercises, you'll find that moving from the level to the overhead position offers the most productive range of motion. This is the best range of motion for maximum involvement of not only the deltoids, but also the upper- and lower-trapezius muscles and serratus anterior. Stopping at the level position eliminates most of the deltoid involvement and only partially utilizes the trapezius and serratus muscles.

When the muscles that move the scapulae are well-developed, they move and rotate the scapulae in synchronization with arm movement so that the shoulder joint turns and opens up in the direction of the movement. Synchronized rotation, abduction (sliding to the sides of the ribcage)

and elevation of the scapulae are crucial in preventing shoulder impingement.

Exacerbating the Problem

If the muscles aren't sufficiently developed or if you have a problem with the rotation, abduction or elevation of the scapulae, then the chances of shoulder impingement are increased. In such cases, it isn't the exercise that causes shoulder impingement, but a pre-existing problem that's exacerbated by the exercise. A physician should evaluate the condition to determine the cause and a plan to correct it.

Rehabilitation of the joint and its surrounding muscles will most likely be needed. During this period, to allow for full healing, the patient may have to curtail range of motion in the shoulder and possibly eliminate certain exercises. This might mean performing front and lateral raises, but only to the level position. After the joint is healed, which may take 4-12 weeks, you should begin doing full-range arm raises without weights until you can raise your arms with no discomfort. Then begin using very light weights and

very gradually (over weeks and months) begin to use heavier

range of 135-150 degrees. This is why overhead presses are so effective for development of the deltoids and the other muscles.

Lifting Heavy

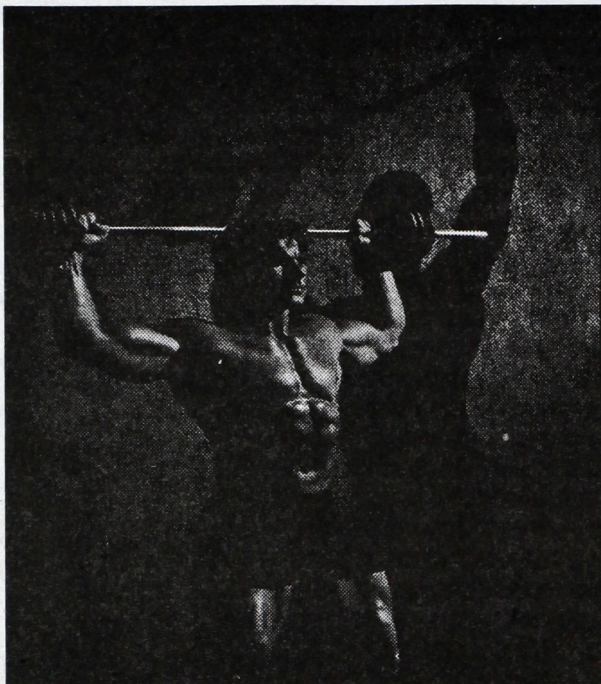
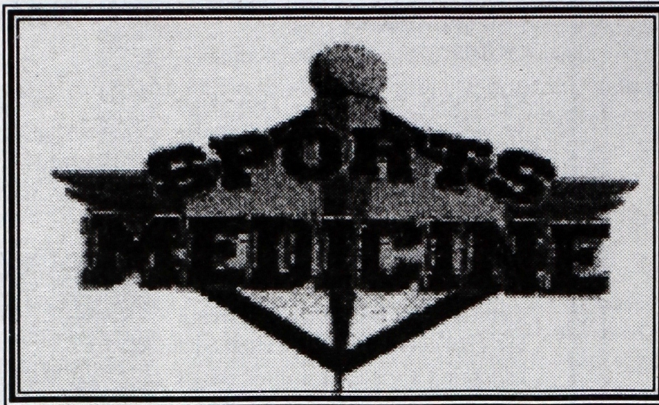
Even if prevention of shoulder impingement isn't the main reason for limited-range movements, many bodybuilders and athletes stop at level because of the excessively heavy weights that they use. Very heavy weights, however, aren't needed when doing front or lateral arm raises with extended arms, since a small weight at the end of a long lever (your arm is acting like a lever in this exercise) can be quite heavy. Moving from the level to the directly over-

head position involves maximal contraction of the muscles. Using heavy weights that you can handle only up to the level position doesn't produce maximum muscle gains or defini-

tion. When using very heavy weights, to move them from thigh height to the level position, you must vigorously contract the muscles and literally swing the weights up so that they ride out and up on their own momentum. If a vigorous swing isn't executed, then you must severely bend the elbow to decrease the effective resistance in order to raise the arms high enough. But with severely bent elbows, you change the positioning of the elbow so that you don't truly isolate the deltoid or the other muscles involved.

Stopping at the level position plays an effective role in total muscle development when you want to work some muscles with greater isolation. For example, when doing lateral arm raises, the supraspinatus does the bulk of the work from 0-90 degrees. In front-arm raises, the upper pectoralis major, together with the coracobrachialis, undergo the strongest contractions to get the arms to the level position. When above level, however, the deltoid and trapezius become the predominant muscles. Thus, doing limited-range arm raises should be included in the repertoire of exercises for bodybuilders and athletes alike.

Strengthening the supraspinatus is extremely important for prevention of shoulder impingement, since this muscle plays a key role in holding the humerus in the shoulder joint. Overdeveloping the latissimus dorsi and lower pectoralis major muscles, however, can depress the arm sufficiently to cause problems in the joint. But when the supraspinatus is strong, it helps counteract the downward pull of the lats and lower pecs.



weights.

To further substantiate the need for a full range of motion when doing front and lateral arm raises, we can take a look at over-

Road Apples and Other Fine Messes

by Fat Louis and Wohek
Columnists

Wohek: He is!

Fat Louis: Is not.

W: HE IS DAMMIT!

FL: Look, Pinehead, I'm tellin ya Santa Claus is not a Habs' fan.

W: Let the record show, the jolly fat guy in question is always wearing the red and white, is most likely Saka Koivu's grandfahter, and most importantly, one cannot forget the incident of '89.

FL: Huh?

W: Well you see my ignorant cohort, it was the Christmas of 1989; there I was t the tender age of 16 wanting nothing more from old Saint Nick than a...

FL: Red-Rider BB gun.

W: Do I look like the NRA poster boy? As I was saying, all I wanted from Father Christmas was an authentic Brad March #3 Toronto Maple Leafs home jersey.

FL: That seems quite reasonable.

W: No Kidding. It's not like I asked for my two front teeth.

FL: So did you get the jersey?

W: No. The fat guy gave me a cheap pair of Guy Lafleur socks.

FL: How tragic! You must have been scarred for life.

W: Damn Habs!

FL: Moving on. Over the holidays Wohek and I spend much of our time visiting our dear friend Questionman. During one of these visits, I must

admit we drank several cups of festive cheer and debated the rapidly approaching Olympics and our country's fortunes therein. Here's a brief recap of what we remember.

W: First off, number of medals we'll haul in. I say 15.

FL: 21.

Questionman: Do you mean gold, silver, or bronze?

W: Total.

Qm: Individual of team sports?

FL: Forget it. Move on.

W: OK, number of gold medals we will win, I say 7.

FL: At least 10/

Qm: 10? Are you serious? Had some Bre-X share didn't you?

FL: Look Questionman, here's the breakdown: 2 in hockey; 3 more in figure skating; 2 for curling; at least a couple in speed skating; 1 snowboarding and 1 for moguls. Remember though, these are only sure-bets. There could be more.

W: Sorry Lou, I must disagree with some of your observations; only 1 figure skating (Stoyko), 1 curling gold (Schmirler), and I don't much like saying this, but only 1 hockey gold.

Qm: Got something against the women's team?

W: Au contraire Homme de question, I have a feeling it is going to be the men's team standing lower on the

podium.

Qm: Well, then, who will take the gold?

W: Sweden, if they get any goaltending. Good goaltending my freinds is going to be key to every team.

FL: Sweden!? Wohek, you are overlooking perennial favourites like Russia, the US., and of course Canada. Never underestimate the heart and grit of team Canada.

W: Canada's in my heart, but unfortunately I can't keep the Forsberg's, Alfredsson's, and Sundin's out of my mind. (It seems Sundin only plays his hardset when he's not playing for the Leafs.)

Qm: Isn't Sundin a Russian?

FL: Yeah, and Santa Claus is a Habs-fan,

The Sports Section is looking for writers. Stop by SCE-301 ask for Jason

Athletes Of The Week

Male Athlete

Shane Rosati-Track & Field

Shane Rosati is a third year sports and Physical Education student enrolled in the school of Human Kinetics at Laurentian University. A native of Pickering, Rosati first began his track and field career with local clubs and his high school team. Rosati has had much success during his years at Laurentian University as he previously qualified and competed in the CIAU championships. This past weekend, the Track & Field teams travelled to the University of Toronto to take part in the Sharon Anderson Memorial Meet. At this competition Rosati continued his success by finishing second overall in the long jump where he set a new Laurentian record and qualified for the CIAU Championships. As well, Rosati placed 6th in the triple jump.

Female Athlete

Jenn Dewan-Track & Field

Jenn Dewan is a fourth year Health Promotion student in the school of Human Kinetics at Laurentian University. A native of Bracebridge Ontario, Dewan has been an active member of the team for the past four years. Dewan has been named the Cross Country and Track and Field most valuable player for Laurentian University as well as rookie of the year for these two sports. This weekend the Laurentian Track & Field teams travelled to the University of Toronto to take part in the Sharon Anderson Memorial Meet. At this competition, Dewan finished first in the 100m and was ninth in the 300m.

Voyageurs Complete at Cam-am Classic

Two members of the Laurentian Track & Field team travelled to Windsor to compete in the Cam-Am Classic. Competing for the Vees Where Rob Vanden Hengel, who placed fourteenth in the men's 1000m m and fifth in the men's 3000m with a time of 9:14; and Shane Rosati with a third place finish in the men's long jump, and a sixth place finish in the men's 60m.

Hockey Vees lose to two great teams

by Jason Stevenson
Sports Editor

It was a game that nobody thought the Vees would win, the powerful University of Western Warriors came to town to take on our Laurentian University Voyageurs. The Vees held their own in the first period against the warriors, the score at the end of the first period was one nothing in favour of Western.

In the second period the boys took a vacation for a while, and let the Warriors take a five one lead. Some sloppy defensive play caused the cannons to blare against super goalie Sean Spencer. Spency held up well against the barrage of shots that came his way. One of the bright spots on the Vees D came from rookie defenceman Matt Dediana. Dediana was all over the ice and is proving to be an upcoming offensive weapon.

Then came the third period; the Vees came out and lit up the ice with total intensity. The Vees scored three unanswered goals against the lagging Warriors: Sherrit, Sutherland and Dediana all put one in to help the Vees come back. Then with six seconds left in the third and the Vees only opportunity to tie the game and put into over time, Laurentian gained control of the puck deep in westerns end. Unfortunately Darren Schmidt shot caromed wide. The boys lost the game 5-4, but it was a good game, hell it was a great game.

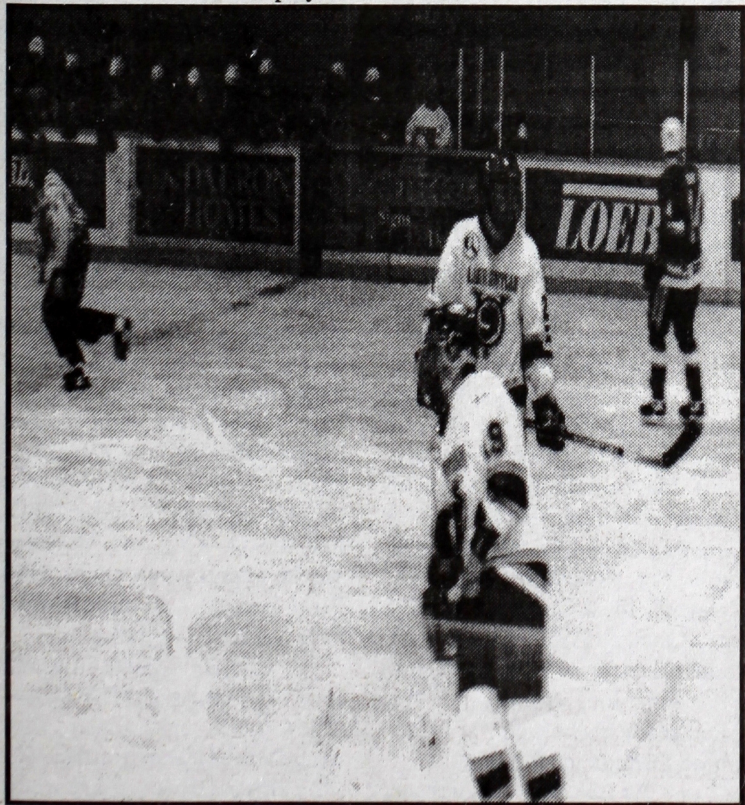
As usual Kiley Hill was all over the ice, he maintained a physical presence all game until he was ejected for instigating. Hill almost dropped the gloves against Westerns tough guy George. I'm sure if he had there would have been a nice tussle with Hill on top. Fortunately for George the refs separated the two. Kudos also goes to Matt Dediana who was the only player to come in and assist Hill when he was accosted by three Western players in the corner. Matt's flying cross-check will make Western players

think twice before screwing with the Vees again.

Then after less than twenty-four hours of rest our boys had to face the number 2 ranked team in the CIAU- the Windsor Lancers. The Lancers have defeated almost all of their opposition and presented a formidable foe to the Vees. The crowd was worried, the coaches must have been worried and somewhere in the back of their minds the Vees must have been worried. But not a shadow of doubt seemed apparent once the Vees skated on to the ice and met the powerful Lancers head on. The Vees played all out. You wouldn't have known the Vees were playing the number one team in the conference, the Vees and Lancers were side by side up and down the ice. The Vees defense was great and goalie Sean Spencer had 60 saves, marking another great performance by the talented goalie.

With the game all tied up at three a piece with fifty three seconds left in third period every one in the stands thought the Vees had a chance, and the Vees knew they had a chance. It had been a hard fought and extremely entertaining game, but then it happened. Something that would make goalie Sean Spencer livid and make his defense do the only thing they could, laugh. With fifty-three seconds left in the game and the puck in the Lancers end; a Windsor defenceman attempted to dump the puck into the Vees end. As the puck left his stick it rose and rose, then it met the metal bar covering the end of the plexiglass near the players bench. After striking the bar the puck rebounded, and careened right into the Vees net, much to the amazement of both teams.

The Vees lost the game 4-3, the Vees didn't lose the game to the Windsor Lancer, they lost the game to lady luck. It was some great hockey though, it was sad to see such a great game lost by such a lucky shot. Luck....!



Volleyball Vees Lose Weekend Matches To Queen's

by Christa Haines
Contributor

The Vees met the Queen's Golden Gaels on the court Saturday night and Sunday afternoon. Both matches were long and demanding, but in the end, the Vees came up short. They lost on Saturday in 4 games (6-15, 15-10, 10-15, 9-15) and again on Sunday (14-16, 15-10, 10-15, 8-15).

On Saturday, it took the Vees one game to warm up and then, in Game 2 it was obvious the Vees could handle the Golden Gaels. Neither team was allowed to win points easily. Queen's took an early 2-0 lead but the Vees quickly caught up and on an ace by Sean Robinson, the Vees pulled ahead 4-3. They held on to the lead and extended it, winning game 2, 15-10.

In game three, the Vees were the first to win points and were at 2-0 on an ace by Allain Arseneau when Queen's remembered they were playing a game and soon pulled ahead to 3-2. They didn't hold the lead for long, with the Vees taking over again at 8-7. Then, Queen's quickly recorded 7 points only to sit at 14-8 for eight sideouts and two more points for the Vees. The final score was L.U 10, Queen's 15.

In game 4, Queen's, after 4

sideouts, finally earned the first point of the game. They took the lead, and the Vees followed closely behind. But they trailed the whole game and lost 9-15.

The Vees never gave up on Saturday, often making great saves that kept the Golden Gaels on their toes. On the other hand, they were making unexpected errors that cost them the match.

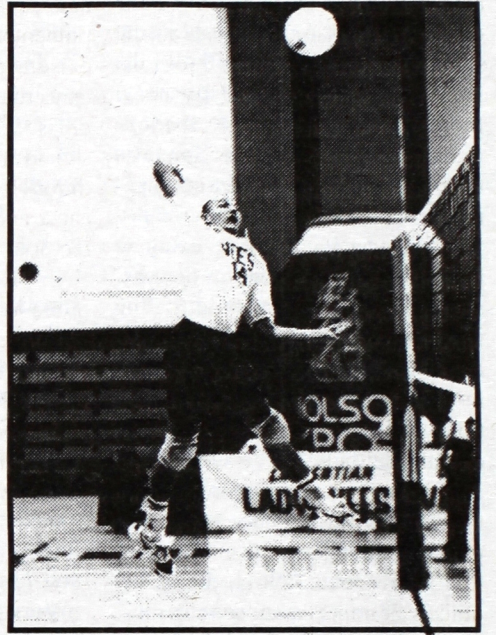
In the Ben Avery Gym on Sunday afternoon the teams faced each other again. This time the Vees came out strong and pulled quickly ahead 7-0. Then Queen's realized they were playing volleyball, and earned their first point. The Vees remained in the lead until 14-13 when Queen's came back and won 16-14.

In game two, the Vees were obviously not happy with the outcome of game one, and took the lead again 7-2. This time, however, although Queen's tried to come back, the Vees held their lead and won 15-10.

The final two games of the match were long, and the Vees didn't just let Queen's win. Each

point was hard fought, except in the cases where the officiating was questionable. Both teams were unhappy with some of the calls made Sundays match.

It was great to see many of the plays made by the Vees. Often, they played strong and were communicating well. But, too many errors, and too many times that they could get sideouts, but not the points, and the Vees lost their final home games of the season. Better luck next weekend against York.



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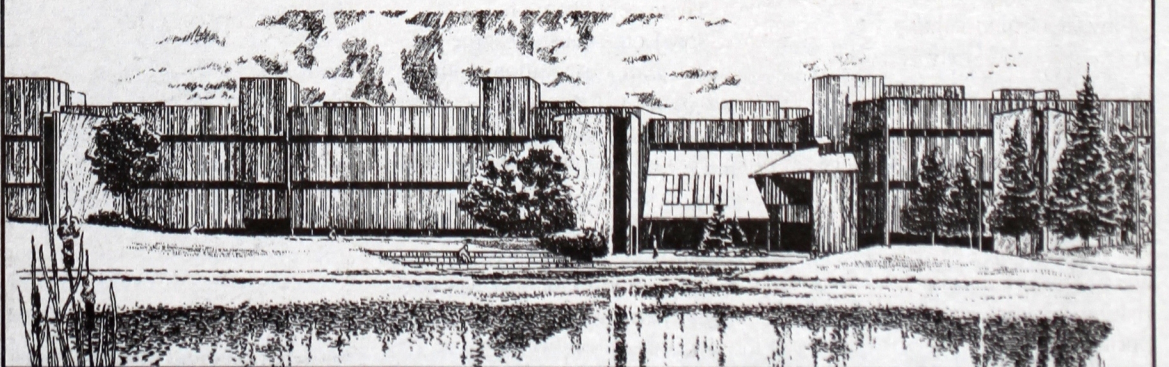
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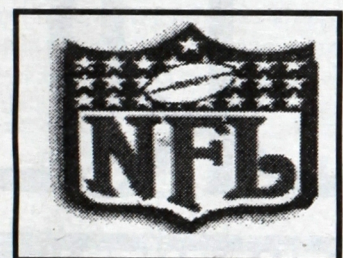
WINDY CITY

The Broncos have played in San Diego and they've played in the Super Bowl. Now they're going back. Behind a balanced offensive



attack and a stingy defense, Denver held on for a 24-21 win over the Steelers in the AFC Championship Game on Sunday and will play the Green Bay Packers in Super Bowl XXXII. "We're going to the (Super) Bowl," said TE Shannon Sharpe, whose third-down catch just after the two-minute warning helped ice the victory. "We're going to represent the AFC the way the AFC should be represented." The Broncos will get that opportunity thanks to a superb team effort. John Elway threw 2 touchdown passes, RB Terrell Davis rushed for 139 yards and the defense forced 4 Pittsburgh turnovers as Denver became the first Wildcard team to advance to the Super Bowl since 1992. Said DE Neil Smith: "We stuck together and I think this team deserves it."

In a game that was plagued by torrential downpours, the Packers rained on the 49ers parade with a convincing 23-10 victory at San



Francisco in the NFC Championship Game. The victory sends the Pack back to the Super Bowl in San Diego and prompted Green Bay Safety LeRoy Butler to exclaim, "We are the best bad weather team in the nation." Few would argue after the Packers limited an explosive 49ers offense to a field goal and a Chuck Levy fourth-quarter, 95-yard kickoff return TD run with 3 minutes remaining. QB Brett Favre completed 16 of 27 passes despite sloppy conditions and connected with WR Antonio Freeman with a 27-yard TD pass in the second quarter to give the Pack a 10-0 lead. RB Dorsey Levens, who rushed for 114 yards, was called upon in the second half and he responded with a 5-yard touchdown run in the third quarter to put the game out of reach. Asked about the importance of returning to the Super Bowl, Favre said, "It means everything. I play this game for one reason, that's to win the Super Bowl." Green Bay looks to become just the second NFL team in history to twice repeat as Super Bowl champs. By virtue of a 24-21 win over the Steelers in the AFC Championship Game, John Elway and the Denver Broncos will be the Packers final obstacle on Jan. 25 in Super Bowl XXXII.

The Green Bay Packers, who

established pro football's pattern for Super Bowl success with back-to-back triumphs in the first two classics 30 years ago, have put themselves in position to do it again.

Victors in pro football's ultimate game for a third time last January, they have earned a second consecutive trip to the "Big Dance" the hard way - on the road - defeating the home-standing San Francisco 49ers 23-10 to repeat as National Football Conference champions.

Sunday's triumph qualified the Green and Gold for a climactic excursion to San Diego, where they will meet the Denver Broncos in Super Bowl XXXII on Sunday, January 25. The Broncos advanced by capturing the American Football Conference title - also on the road - with a 24-21 win over the Steelers in Pittsburgh.

A year ago, the Packers bested the Carolina Panthers in Green Bay's Lambeau Field, 30-13, thereby advancing to Super Bowl XXXI at New Orleans, where they dispatched the New England Patriots, 35-21, to acquire their third Super Bowl title.

In San Diego, the Packers will strive to become the first team to win back-to-back titles since Dallas prevailed in SB XXVII and XXVIII following the 1992 and 1993 seasons and only the fourth team in NFL history to win as many as four Super Bowls, joining the 49ers, the Dallas Cowboys and Pittsburgh Steelers.

The AFC Champion Denver Broncos (15-4, including 3-0 in the postseason) will travel to San Diego to take on the defending Super Bowl Champion Green Bay Packers (15-3, including 2-0 in the postseason) in Super Bowl XXXII on Sunday, Jan. 25, 1998, with kickoff set for 3:18 p.m. (PST) at Qualcomm Stadium.

The winner of this contest will be awarded the Vince Lombardi Trophy. This will be Denver's second appearance in a Super Bowl in this Stadium, having played here ten seasons ago against Washington when it was called Jack Murphy Stadium. This will be the Broncos' fifth appearance in a Super Bowl (XII, XXI, XXII, XXIV) and their first in eight years. It will be their first Super Bowl matchup against an NFC Central team, having played three previous game against NFC East teams and one against an NFC West opponent.

With a victory in Super Bowl XXXII, the Broncos can become the first AFC team since 1983 to capture the title, and would be only the second AFC West team since the AFL-NFL merger in 1970 to capture pro football's ultimate prize. This will be Denver's second visit to Qualcomm Stadium this season, having defeated the San Diego Chargers there in November by a 38-28 score. The Broncos (12-11 all-time in postseason play) will be the home team and will have their choice of jerseys.

A LOOK AT THE TEAMS

We've all heard Mark Twain's line about lies, damned lies, and statistics, but I'm guessing that the Tom Sawyer author said it after his favorite jumping frog didn't perform up to its record. When it comes to Super Bowls, one constant that has held true in 24 of the 31 Roman-numbered battles has been that the team which

wins the time-of-possession battle, wins the game. Another number: the team with more rushing yardage carried off the Vince Lombardi Trophy in 25 title contests.

John Elway will get all the attention, but San Diego native Terrell Davis will have to shine if the Broncos are to upset Green Bay. What does this mean for the Broncos and Packers? Both teams feature marquee backs who have keyed their team's offensive success this season, and both teams have shown some vulnerability to



an opposing offense that can move the ball on the ground. If Terrell Davis outruns Dorsey Levens, the Broncos stand a decent shot at toppling the Packers from their championship perch. If not, Green Bay's relative advantages on the defensive line and in the secondary, not to mention Brett Favre's youth and mobility compared to John Elway, will probably be enough for the Packers to claim their fourth title.

A look at the, um, statistics, shows that while both conference champions maintained their regular-season success running the football through their playoff victories, both rush defenses tightened up considerably over the same span. Check out how the defending champions improved against the run:

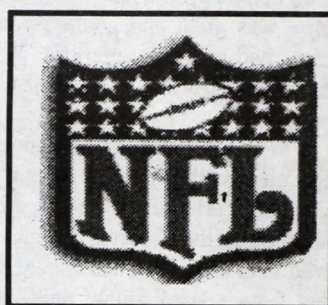
Regular SeasonPlayoffs (2 gms)GBOppGBOppTime of Poss. 28:5931:0131:5228:08Avg Yds/Gm115.9124.5112.061.5Avg Yds/Att4.34.33.52.7

Best known for his pass-rushing prowess, Reggie White has been a force against the run in this year's playoffs. The Packers started shutting down opponents' rushing attacks late in the regular season, when big tackle Gilbert Brown got healthy and the defense reverted to the attacking style that helped bring a championship to Wisconsin last January. But in their two postseason victories, they absolutely stifled two of the NFC's best rushing offenses in Tampa Bay and San Francisco. With the dynamic Terrell Davis, who was on pace to make a run at 2,000 yards before a late-season injury in San Francisco, Denver is even better on the ground. But with two weeks to rest Brown and Reggie White and for Fritz Shurmur to draw up more ingenious schemes, the Packers should be ready. Green Bay's chances of stifling Davis look even better when you consider that their front four of White, Brown, Santana Dotson and Gabe Wilkins averages about 307 pounds per man, while Denver's undersized but effective offensive line weighs in at an average of about 290 pounds. In this age of Jonathan Ogdens and Tony Bosellis, it's virtually unheard-of for a defensive line to have

a size advantage over the guys with the ball across the line of scrimmage.

Dorsey Levens ran for over 100 rushing yards in each of the Packers' playoff victories; in fact, he set team postseason rushing records in each game with 112 yards against the Bucs at Lambeau Field and 114 in the mud of San Francisco. Like Jerome Bettis in the AFC, Levens is one of those backs who seems to get stronger, at least relative to those defending him, as the game wears on and fatigue begins to mount. Unlike Bettis, he's also a consistently dangerous receiver (53 receptions, five TDs through the air during the regular season). Packers coach Mike Holmgren likes to take chances in the first half to get his team an early lead, then use Levens to blast the defense and kill the clock after intermission.

Now let's take a look at Denver's



numbers:

Regular SeasonPlayoffs (3 gms)DenOppDenOppTime of Poss. 32:4527:1533:0926:51Avg Yds/Gm158.7114.5189.796.0Avg Yds/Att4.75.05.14.4

Okay, the Broncos did get beaten up a little by Pittsburgh's Jerome Bettis in the AFC Championship Game. But Bettis (who also pulverized Denver in the teams' regular-season meeting) did most of his damage after halftime, and got too many chances because the Broncos repeatedly went three-and-out on offense. But in Denver's previous "Revenge Tour" stops against Jacksonville and Kansas City, the Broncos limited the Jaguars and Chiefs to 50 and 77 rushing yards respectively, and held each offense to 10 points (Jacksonville scored a return touchdown in their 42-17 loss).

Even more impressive than their defensive improvement is the fact that the Broncos got better in their own rushing production, which had been the league's fourth-best during the regular season. That 310-yard steamrolling of the Jaguars skews the numbers a bit, but Davis also burned the Steelers' AFC-best rush defense for 139 yards and a touchdown, including a 43-yard burst on his first carry of that contest. Maybe more runners will attempt to start bruising their ribs or injuring their shoulders before future big games. Including the playoffs, the Broncos have won 12 of 13 games this season when Davis has rushed for over 100 yards, with the lone loss coming on Pete Stoyanovich's field goal at Arrowhead Stadium in November.

The two star quarterbacks will claim the lion's share of the



attention leading up to the game, and there's no doubt that John Elway's quest to atone for his three subpar past Super Bowl performances and Brett Favre's mission to bring back-to-back trophies to Titledown make for good stories. We haven't had a running back named Super Bowl MVP since Emmitt Smith won the honor (over the arguably more deserving James Washington, a defensive back) in 1994 as the Cowboys beat the Bills for the second straight year. But for the Broncos to have any chance of breaking the 13-year curse upon the AFC — and, closer to home, completing their year-long mission of getting Elway to Disneyland — Terrell Davis might have to carry him there.

AN INTERNATIONAL AFFAIR

Nearly 800 million NFL fans around the world are expected to tune in to watch the Green Bay Packers defend their title against the Denver Broncos in Super Bowl XXXII from San Diego on Sunday, January 25.

International broadcasters will televise the game to at least 187 countries and territories in 17 different languages, including French, Spanish, Portuguese, Swedish, Russian, Italian, Japanese, Chinese, Arabic, Greek, Icelandic, Thai and Hebrew. Approximately 90 percent of the coverage will be a live telecast of Super Bowl XXXII.

NTV in Russia, ORF in Austria, Nine Australia and NTV in Japan will be broadcasting the game from on-site for the first time. In addition to their live coverage of the game, NTV Japan will be producing segments for three of their sports variety shows. Seventeen international broadcasters will call the game from Qualcomm Stadium in nine different languages.

TSN Canada also will be on site for the first time, hosting their program "Off the Record."

Mexico's TV Azteca, one of the NFL's longest-standing broadcast partners, will air daily shows during Super Bowl week, and call the game from the stadium.

"This is one of the most anticipated sports events of the year in Mexico," says TV Azteca's veteran broadcaster Pepe Espinosa. "Cities like Mexico City and Monterrey will be almost paralyzed on Super Bowl Sunday. And this game will have a real border flavor."

Live audio game broadcasts from NTV (Russia), NTV (Japan), Tele+ (Italy) and Premiere (Germany) will be featured on the NFL's official Super Bowl web site at <http://superbowl.com>.